

## TIPS TO KEEP COOL IN EXTREME HEAT

- Stay out of the sun, and find shade if possible. Temperatures are typically highest between 11:00am and 4:00pm.
- Stay hydrated. Drink water regularly, even more than you think you need.
- Avoid heavy foods. Choose salads, sandwiches, fruits, and vegetables.
- Take cool showers, and mist yourself and your clothing with cool water.
- Close blinds and shutters in the day and open them at night. Open windows at night to let in cooler air.
- Shelter in the coolest room in your home and use a fan. The ground floor or basement is usually cooler.
- Consider sleeping in a cooler spot on a couch or indoor hammock.
- Keep cold water in the fridge. Have ice cubes and ice packs ready.
- Blowing a fan across a pan of ice water can create a cool breeze.

## KNOW THE SIGNS OF HEAT-RELATED ILLNESSES

Symptoms of heat exhaustion may include rashes, muscle cramps, dizziness or fainting, and headache. Anyone experiencing these symptoms should move to a cool place and drink water.

Symptoms of heat stroke, which is considered a medical emergency, include a high body temperature, dizziness or fainting, confusion, and lack of coordination.

In these cases, call **911**.

### TRANSPORTATION

**Translink**  
translink.ca  
604.953.3333

**HandyDART**  
translink.ca/handydart  
604.575.6600

[tol.ca/keepcool](http://tol.ca/keepcool)  
[langleycity.ca/keepcool](http://langleycity.ca/keepcool)

PLACES TO  
**KEEP  
COOL**  
IN LANGLEY

**Find air-conditioned  
public spaces and spray  
parks where you can  
cool off when it's hot.**



## **COMMUNITY & RECREATION CENTRES**

**Aldergrove Credit Union  
Community Centre**  
27032 Fraser Highway  
604.857.4299

**George Preston  
Recreation Centre**  
20699 42 Avenue  
604.530.1323

**Timms Community Centre**  
20399 Douglas Crescent  
604.514.2940

**W.C. Blair  
Recreation Centre**  
22200 Fraser Highway  
604.533.6170

**Walnut Grove  
Community Centre**  
8889 Walnut Grove Drive  
604.882.0408

## **FRASER VALLEY REGIONAL LIBRARIES**

**Aldergrove Library**  
26770 29 Avenue  
604.856.6415

**Brookwood Library**  
20045 40 Avenue  
604.534.7055

**City of Langley Library**  
20399 Douglas Crescent  
604.514.2850

**Dean Drysdale Library**  
8889 Walnut Grove Drive  
604.882.0410

**Fort Langley Library**  
9167 Glover Road  
604.888.0722

**Muriel Arnason Library**  
#130 – 20338 65 Avenue  
604.532.3590

**Murrayville Library**  
#100 – 22071 48 Avenue  
604.514.7260

## **SPRAY PARKS**

**Brookwood Park**  
40 Avenue & 200 Street

**City Park**  
49A Avenue & 207 Street

**Douglas Park**  
Douglas Crescent & 206 Street

**Murrayville Outdoor  
Activity Park**  
48A Avenue & 221 Street

**Phillip Jackman Park**  
32 Avenue & 271 Street

**Willoughby Community Park**  
7700 block 202A Street

**Walnut Grove  
Community Park**  
89 Avenue & Walnut Grove Drive

**Nicholas Park**  
208 Street & 50A Avenue

Opening dates and hours vary by location.