

Stay Cool in Campbell River

1. **Kwesa Place –1342 Shoppers Row** – drop in centre, showers, laundry, clothing, and refreshments available – 10am-4pm Monday-Friday
2. **Hama?Elas Kitchen –1342 Shoppers Row** – serves dinner nightly at 5:00- 5:30 pm – 7 days a week
3. **Women’s Centre at Rose Harbour** – 1116 Dogwood St - drop in centre, showers and refreshments available 10am-3pm Monday - Thursday
4. **Salvation Army Lighthouse** - 1381 Cedar St – lunch service, bottled water, showers, clothes available 12:00 – 1:00pm Monday - Friday
5. **Outreach workers** from various organizations are dropping off supplies to people out in the community
6. **Community Water Stations available at:** Spirit Square, Robert Ostler Park, Frank James Park and the Tyee Spit.
7. **Willow Point Splash Park:** Open 10 am- 8 pm daily at 1300 Alder Street

What else can you do?

- Find shade or indoor space – avoid being in the direct sun for long periods of time
- Drink water with electrolytes (Gatorade/PowerAde) – avoid alcohol, caffeine and excessive sugar
- Protect yourself with sunglasses, a wide-brimmed hat and sunscreen – minimum SPF 30
- Use an umbrella as a parasol
- Wear lightweight, light-coloured, loose-fitting clothing