

## **Stay cool in the Sunshine City**

**For immediate release (July 4, 2019)** – As we continue to ride this recent heat wave, the City of Orillia would like to share some ways you and your family can stay cool.

The Orillia Fire Department recommends the following tips to stay cool and hydrated during the heat wave:

- Drink plenty of water and fluids to prevent dehydration.
- Avoid strenuous outdoor activity and exercise.
- Take a cool shower or bath.
- If you go out, wear a hat and light, loose-fitting clothing.
- Keep your home cool – close curtains to block direct sunlight and use fans or an air conditioner.
- Never leave children or pets unattended in a vehicle.
- If you do not have air conditioning, visit local public buildings or shopping malls to cool off.
- Learn to recognize the signs of heat exhaustion and heat stroke.

The following public places are available to cool off during their regular hours:

**Orillia Public Library**

**36 Mississauga St. W.**

Monday to Thursday: 10 a.m. to 8 p.m.

Friday: 10 a.m. to 6 p.m.

Saturday: 9 a.m. – 5 p.m.

Sunday: closed

**Rotary Place**

**100 University Ave.**

8 a.m. to 11 p.m.

**Orillia City Centre**

**50 Andrew St. S.**

Monday to Friday: 8 a.m. to 4:30 p.m.

Saturday and Sunday: closed

Splash Pads will also be open from 9 a.m. to 9 p.m. at the following locations:

**McKinnell Square Park**

135 Dunedin St.

**Clayt French Park**

114 Atlantis Dr.

**Victoria Park**

75 Coldwater Rd. W.

**Moose Beach at J.B. Tudhope**

**Memorial Park**

450 Atherley Rd.

**Hillcrest Park**

255 Matchedash St. N.

City beaches are officially open and lifeguarding supervision is provided at the following locations:

**Couchiching Beach Park**

12 p.m. to 5 p.m.

**Moose Beach**

11 a.m. to 5 p.m.

The City would like to thank The Water Store for providing a hydration station at the City Centre.

The City of Orillia is a city of 31,000 people in the heart of Ontario's Lake Country on the shores of Lake Couchiching and Lake Simcoe. Visit our website at [orillia.ca](http://orillia.ca).

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