

The Town of Gibbons is ready to activate an extreme weather response once forecasts indicate conditions of -25 degrees Celsius with wind chill or the temperatures exceeding +25 degrees for at least 3 days in a row.

Emergency Crisis Supports

Call 9-1-1 if you need emergency help or see someone in distress.

If you do not have access to a heated or cooling location of your own, please visit these public buildings to get out of the cold:

- **Gibbons Cultural Centre (5015 51 Street)** is open from 8 a.m. to 4:30 p.m. Monday to Friday.
- **Gibbons Arena (5004 51 Ave)** is open 8:00 a.m. to 9:30 p.m. Monday to Friday and 6:30 a.m. to 9:30 p.m. on weekends and statutory holidays.
- **Gibbons Public Library (5015 51 Street)** – in Gibbons Cultural Centre) is open from 10 a.m. to 7 p.m. Tuesday to Thursday, 10 a.m. to 5 p.m. on Mondays and Fridays, 10 a.m. to 5 p.m. or Saturdays, 10 a.m. to 2 p.m.
- **Gibbons Family Resource Centre (5016 50 Street)** is open 8:30 a.m. to 4:30 p.m. Monday to Friday.

Protect Yourself and Your Loved Ones

Here are some simple things you can do to protect yourself in cold weather.

- Stay safe, warm, and protected.
- Stay indoors when possible. If you must travel by vehicle, know your route ahead of time and make sure you have a well-stocked emergency kit in your vehicle.
- Dress in warm windproof layers. Watch for signs of frostbite, which can occur in less than 10 minutes in extreme cold.
- When working outside, do not overexert yourself. Sweating can lead to hypothermia, which can be fatal.
- Make sure your pets have warm shelter during a cold snap. *(courtesy of Government of Alberta)

Here are some simple things you can do to protect yourself in hot weather.

- Stay hydrated. Drink plenty of water before you feel thirsty to decrease the risk of dehydration.
- Stay cool. Your body is not used to extreme heat at the beginning of the summer. Start gradually when doing any activity. Hydrate and take breaks.
- Dress for the weather. Wear loose-fitting, light-coloured clothing and a wide-brimmed hat made of breathable fabric. When you buy sunglasses make sure they provide protection against both UVA and UVB rays.
- Take a break from the heat. If you must do physical activity in extreme heat:
 - take extra breaks.
 - drink lots of water.
 - remove gear to let your body cool off. *(courtesy of Government of Alberta)

Need Support?

Contact **Gibbons Family Resource Centre** for information on resources available to help anyone in need. Call 780-923-2374 Weekdays from 8 am to 4:30 pm.