Mobile Outreach

- Downtown Community Safety Partnership 204-947-3277 or 211 24/7 Downtown
- Main Street Project 204-232-5217 24/7 Citywide
- Mount Carmel Clinic Sage House 204-272-0838 Afternoons M-F North End/Downtown
- North End Women’s Centre 431-374-8726 Days M/Tu/Th/F North End/Downtown
- Resource Assistance for Youth 204-391-2209 Afternoons M-F Citywide
- Salvation Army 204-223-7387 hours vary Citywide
- St. Boniface Street Links 204-228-2369 Days/Evenings East of the Red
- Street Connections 204-981-0742 Evenings M-Sa Citywide
- West Central Women’s Resource Centre 204-774-8975 Afternoons West End/Downtown

Cool Spaces + Dry Clothes

- Main Street Project 637 Main 24/7: 18+ low-barrier shelter with separate areas for men/women; daytime drop-in with sleeping, showers, food, clothing 204-982-8267
- N’Dinawemak 190 Disraeli 24/7: 18+ low-barrier drop-in; overnight stays, food, clothing 204-943-1803
- Salvation Army 180 Henry 24/7: 18+ overnight shelter; food, clothing
- Siloam Mission 303 Stanley 10a-8p 300 Princess 8p-8a: 18+ day drop-in and overnight shelter; showers, clothing, laundry 204-956-4344
- Velma’s House 154 Sherbrook 9a-12a M-F; 9a-9p Sa-Su Safe space for women, showers, food, clothing, laundry 204-560-3007
- The Link YRC 159 Mayfair 24/7: 12-21 years old overnight stays; food, clothing, counselling, first aid 204-477-1804 or 1-888-477-1804
- Tina’s Safe Haven 472 Selkirk 24/7: 13-24 years old safe space/resource centre 204-417-7233
- WE24 430 Langside 11p-7a: 13-26 years old drop-in, overnight stays, food, clothing, safe rides 204-333-9681

SAFE COOL +WELL

Outdoor Tips for Summer

If you spend lots of time outside in summer, know how to keep yourself and others safe.
**KEEP SAFE**

**DON’T** light a fire. Open fires are dangerous, not legal, and will be put out by firefighters if found. Use safer ways to cook and have light.

If you make a fire, keep it AT LEAST 10FT from any building, tent, furniture, trash, aerosol, or propane cans (even empty ones).

Have a way to put out a fire BEFORE you light one: keep water/sand nearby.

DON’T light a fire when it is windy.

DON’T leave a fire untended.

DO use a fireproof container and clean, dry wood.

DON’T burn trash.

If a fire is getting out of control, CALL 911/GET HELP.

Keep any tent or temporary shelter on public property and AT LEAST 10FT from any bridge, building, fence, other tent, or fire.

Have an escape plan: keep exits clear so you can get away fast.

DON’T cook or smoke inside a tent.

DO take trash away daily.

**KEEP COOL**

Know where to go to cool off and get clothes and water (see back page).

- Wear loose, light clothes and light colours.
- Use a hat, umbrella or parasol for shade.
- Put sunscreen on bare skin.

**DRINK LOTS OF WATER**

For help with supplies and info, call or flag Mobile Outreach (see back page).

**PLAN YOUR ROUTE:** Know where to cool off and access water between A and B. Pick a shaded route with trees and water, rather than a route that is all hot pavement.

**WINNIPEG TRANSIT EMERGENT NEED POLICY:** If you are at risk due to heat or a summer storm, you can ride a bus to get to a cool dry space, even if you can’t pay the fare.

If you have been in the sun or heat and feel dizzy, confused, about to faint, or have a headache, nausea, or rapid pulse, CALL 911/GET HELP.

**KEEP WELL**

**GET VACCINATED AGAINST COVID-19:** Talk to your local clinic about your vaccine and booster options.

Keep AT LEAST 6FT from others when indoors; keep number of closer contacts as low as you can.

- Wear a clean, dry mask or face covering when indoors with others: change if wet or dirty.
- Wash hands with soap and water and use hand sanitizer often.
- Cover sneezes and coughs with tissues, throw away after use.
- If you have a new or worse cough, fever or chills, body aches or headaches, stomach problems or loss of smell or taste, TAKE A COVID-19 TEST. Get a free rapid test at the library or talk to your local clinic about a PCR test.

For help with vaccination, testing, health, and harm reduction info, call or flag Mobile Outreach (see back page).

If you or others can’t breathe, have chest pains, feel sleepy or confused, CALL 911/GET HELP.

If you see someone injured, threatened, or unresponsive (not sleeping), CALL 911/GET HELP.