

Extended Heat Warning issued for Haliburton County, City of Kawartha Lakes and Northumberland County

Environment Canada is forecasting hot, humid weather starting Friday June 29, 2018 and continuing until Tuesday July 3, 2018. The Haliburton, Kawartha, Pine Ridge District Health Unit encourages people to take steps to protect themselves during extremely hot, humid weather. Heat-related illnesses such as dehydration, heat cramps, heat exhaustion, and heat stroke can be very dangerous, especially for infants, older adults, and people with chronic diseases. Symptoms of heat exhaustion include heavy sweating, muscle cramps, headache, fainting, paleness, weakness, tiredness, dizziness, and nausea. If residents experience heat-related illness or symptoms, they should seek medical attention.

To help alert people to the arrival of extremely warm conditions, the Health Unit will issue the following if conditions warrant:

- A **Heat Warning** is issued when the day-time temperature is forecast to be 31°C or higher, with a minimum day-time low of 20°C or higher, for two consecutive days. A heat warning can also be issued when the humidex is forecast to be 40°C or higher *for two consecutive days*.
- An **Extended Heat Warning** is issued when the same conditions apply above, but the heat event is expected to last *for three or more days in a row*.

During a heat warning, or anytime when temperatures become uncomfortably warm, the Health Unit advises people to:

- Avoid going out in the sun or heat when possible.
- Stay cool, and if possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall, library, community centre, or friend's house. To see if there is a cooling centre in your community, contact your local municipality.
- When outdoors, stay in the shade as much as possible. If you plan to go outside during a very hot day, do so early in the morning or evening when it is cooler.
- Avoid outdoor sports and physical activity.
- Wear loose-fitting, light clothing and a wide brimmed hat.
- Drink lots of water, even if you don't feel very thirsty. Avoid alcohol, coffee/tea and pop.
- Check in regularly with vulnerable family, friends, neighbours and others who could be affected by the heat. These include children, older adults and persons with chronic illnesses. Make sure they are OK and are well-hydrated.
- Eat light, cool foods, and avoid heavy meals that involve using the oven or other hot appliances.
- Keep shades, drapes and blinds closed on the sunny side of your home, but keep windows open slightly. If you do not have air conditioning, use fans.
- Keep lights off or turned low.
- Take a cool bath or shower periodically, or cool down with cool, wet towels.
- Never leave a child or pet in a closed, parked vehicle.

For inquiries, please contact:

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