



Renfrew County and District Health Unit
"Optimal Health for All in Renfrew County and District"

For Immediate Release

(Pembroke, Ontario, June 19, 2020)

Heat Alert—June 19th and June 20th

An extreme heat event has been issued for Renfrew County and District, with expected maximum temperatures ranging from 31°C - 34°C (Humidex 38°C - 40°C) both Friday June 19th and Saturday June 20th. It is important to take steps to prevent heat-related illness during this heat event. Extreme heat can put everyone at risk from heat related illness, however older adults, infants and young children, people with chronic health conditions, people who work or exercise in the heat, homeless people and low-income earners are at greatest risk.

Renfrew County and District Health Unit recommends taking the following actions to stay cool:

- Drink plenty of cool liquids, especially water, before feeling thirsty.
- Wear loose-fitting, light-coloured clothing made of breathable fabric.
- Take a cool shower or bath until you feel refreshed.
- Take a break from the heat by spending a few hours in a cool place.
- Avoid sun exposure. Shade yourself by using a wide-brimmed hat or umbrella.
- Plan outdoor activities for cooler parts of the day.

Look for signs and symptoms of heat illness:

- Dizziness or fainting
- Nausea or vomiting
- Headache
- Rapid breathing and heartbeat
- Extreme thirst
- Decreased urination with unusually dark yellow urine.

If you experience any of these symptoms during extreme heat, immediately move to a cool place and drink liquids. Water is best. If you don't feel better soon, seek medical help immediately.

For additional tips on how to stay safe and what to do during an extreme heat-related emergency please visit [Sun and UV Safety](#). For more information visit www.rcdhu.com or call 613-732-3629 or 1-800-267-1097.

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