



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

For Immediate Release

(Pembroke, Ontario, 12:00 p.m., August 23, 2021)

Heat Warning

A heat warning has been issued for areas in Renfrew County and District, with maximum temperatures of 30 to 32 degrees Celsius, with a humidex value of 36 to 40 degrees Celsius for today, and possible into the middle of the week. Hot and humid air can also bring deterioration air quality and may cause the Air Quality Health Index to approach the high-risk category.

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, pregnant women, 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 such as a shopping mall, local library, or community centre. Please ensure you are following public health measures such as wearing a mask when indoors and practicing physical distancing.
- 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 a heat event, 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](#). Stay up to date on heat advisories by visiting https://weather.gc.ca/warnings/index_e.html. For more information visit www.rcdhu.com or call 613-732-3629 or 1-800-267-1097.

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