



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

## For Immediate Release

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(Pembroke, Ontario, 2:00 p.m., July 19, 2022)

### **Heat Warning Issued by Environment Canada**

A heat warning has been issued for:

- Barry's Bay - Killaloe
- Petawawa - Pembroke - Cobden
- Renfrew - Arnprior - Calabogie

Hot and humid conditions are expected today and Wednesday.

Daytime high temperatures reaching near 31 degrees Celsius with humidex values in the upper thirties are expected today and Wednesday.

Tonight's overnight low near 20 degrees Celsius will provide little relief from the heat.

Hot and humid air can also bring deteriorating air quality and can result in the Air Quality Health Index approaching the high-risk category.

Watch for the symptoms of heat illness: swelling, rash, cramps, dizziness/fainting; nausea/vomiting; rapid breathing and heartbeat; extreme thirst; decreased urination with unusually dark urine.

Take the following actions to stay cool:

- Drink plenty of cool liquids, especially water, before feeling thirsty.
- Seek a cool place such as a tree-shaded area, swimming pool, shower or bath, or air-conditioned spot like a public building.
- Plan outdoor activities for cooler parts of the day.
- Keep your home cool. Block the sun by closing curtains or blinds.

Never leave people or pets inside a parked vehicle.

Slightly cooler temperatures are expected on Thursday.

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](http://www.rcdhu.com) or call 613-732-3629 or 1-800-267-1097.

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