



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

For Immediate Release

(Pembroke, Ontario, 3:55 p.m., February 02, 2023)

Extreme Cold Warning Issued for Areas in Renfrew County and District

Renfrew County and District Health Unit reminds residents to take precautions as the temperature drops this evening. Environment Canada has issued an extreme cold warning for the following areas:

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

Tonight into Friday morning, and again Friday night into Saturday morning, a strong cold front and wind chills are expected to reach temperatures of minus 40 to minus 45. Very cold temperatures can lead to serious health risks like windburn, frostbite, and hypothermia. Frostbite can develop on exposed skin within minutes.

During extreme cold weather everyone is at risk; however, infants and children, people with pre-existing health conditions, people taking certain medications, outdoor workers, winter sport enthusiasts, and those without proper shelter are in greater danger.

If you must be outdoors, reduce your risk and protect yourself from extreme cold conditions:

- Dress in warm layers with a wind resistant outer layer.
- Cover exposed skin when outdoors. Use a scarf to cover and protect your face and nose.
- Keep moving, including your hands and feet, to keep your blood flowing.
- Be aware of how your medical conditions or medications may increase your risk.
- Listen to the weather forecast, plan ahead, and modify your plans to reduce your risk.
- Keep an [emergency car kit](#) in your vehicle when travelling.
- Be aware of [signs and symptoms](#) of frostbite and hypothermia.

For additional tips on how to stay safe during extreme cold events, please visit [Health Canada: Extreme Cold](#). To monitor alerts and forecasts issued by Environment Canada, please visit [Public Weather Alerts](#).

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