



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

## For Immediate Release

---

(Pembroke, Ontario, July 14, 2025)

### **Heat Warning and Special Air Quality Statement Issued by Environment Canada**

Environment Canada has issued a heat warning and special air quality statement for Renfrew County and District.

- Daytime highs: 29–32°C
- Humidex values: 35–40°C
- Overnight lows: 19–23°C, offering little relief
- Wildfire smoke is causing or expected to cause poor air quality and reduced visibility

### **Health Advisory**

#### **Heat Safety**

It is important to take steps to prevent heat-related illness. Extreme heat can affect anyone, but those most at risk include older adults, infants and young children, people with chronic medical conditions, those who work or exercise in the heat, people experiencing homelessness, and people without access to air conditioning.

To stay cool and prevent heat-related illness:

- 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 these typical 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, immediately move to a cool place and drink liquids. Water is best. If you don't feel better soon after, seek medical help immediately.

## Smoke Safety

Wildfire smoke poses the highest risk of health-related problems for older adults, pregnant people, infants and young children, people who work outdoors, people involved in strenuous outdoor exercise, and people with chronic lung and heart conditions.

The best way to protect your health is to reduce your exposure to wildfire smoke.

To limit your exposure:

- Reduce outdoor activities until conditions are better.
- Keep windows and doors closed as long as the temperature is comfortable.
- Use recirculation settings on your HVAC system to prevent smoke from entering your home.
- Use a clean, good quality air filter in ventilation systems.
- Use an air purifier with HEPA filtration to remove fine particles from the air in your home.
- Visit community centres, libraries, and shopping malls as these places often have cleaner filtered air and can provide a break from smoke.
- If you must spend time outdoors, a well-fitted respirator-type mask, such as N95 or equivalent, can reduce your exposure to the fine particles in smoke. For more information, visit Health Canada's [Wildfire Smoke, Air Quality, and Your Health](#) web page.

Milder symptoms of smoke exposure include the following:

- Headaches
- A mild cough
- A runny nose
- Eye, nose, and throat irritation

More serious symptoms include:

- Dizziness
- Chest pains
- Severe cough
- Shortness of breath
- Wheezing (including asthma attacks)
- Heart palpitations (irregular heartbeat)

If you experience any of these serious symptoms, talk to your health care provider or seek medical attention immediately.

## Stay Informed

For additional tips on how to stay safe and what to do during an extreme heat-related event or air quality events please visit [Emergency Preparedness | Renfrew County and District Health Unit \(rcdhu.com\)](#). To stay up-to-date on heat and air quality visit: [Weather Information - Environment Canada](#). For more information visit [www.rcdhu.com](http://www.rcdhu.com) or call 613-732-3629 or 1-800-267-1097.