



Renfrew County and District Health Unit

"Optimal Health for All in Renfrew County and District"

For Immediate Release

(Pembroke, Ontario, January 23, 2026)

Extreme Cold Warning Issued by Environment Canada

Environment Canada has issued an extreme cold warning for Renfrew County and District.

Extreme cold conditions are expected with windchill values near minus 35 to minus 40 degrees Celsius this evening into Saturday morning. To monitor alerts and forecasts issued by Environment Canada, please visit www.weather.gc.ca.

Very cold temperatures can lead to serious health risks like windburn, frostbite, and hypothermia. Frostbite can develop on exposed skin within minutes and can happen to anyone.

People most vulnerable to extreme cold include infants, older adults, people with medical conditions affecting the heart or lungs, people taking certain medications such as beta-blockers, people experiencing homelessness, people living in a home without adequate electricity or heat, and people working outdoors.

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 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.
- Avoid alcohol.
- Listen to the weather forecast, plan, 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.

If a warming centre is needed, the Homelessness and Addiction Recovery Treatment (HART) Hub Intake Centre is available 24 hours a day in Pembroke at 156 John Street.

For additional tips on how to stay safe during extreme cold events, please visit [Health Canada: Extreme Cold](#).

For additional tips on how to stay safe and what to do during an extreme cold-related event please visit [Emergency Preparedness | Renfrew County and District Health Unit \(rcdhu.com\)](#).

For more information visit www.rcdhu.com or call 613-732-3629 or 1-800-267-1097.

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