



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



## For Immediate Release

---

(Pembroke, Ontario, June 29, 2018) – Extreme Heat Event: Health Warning

Renfrew County and District Health Unit and County of Renfrew Paramedic Service are advising residents of Renfrew County and District take steps to prevent heat-related illness during the upcoming "heat wave". With temperatures expected to rise over the Canada Day long-weekend, Environment Canada is forecasting humidex values into the mid-forties with overnight low temperatures in the low twenties, providing little or no relief from the heat.

While extreme heat can put everyone at risk from heat illness, health risks are greatest for older adults, infants and young children, people with chronic health conditions, people who work or exercise in the heat, homeless people and low-income earners.

Renfrew County and District Health Unit and County of Renfrew Paramedic Service recommend 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.
- Avoid sun exposure. Shade yourself by using a wide-brimmed hat or umbrella.
- Reschedule or plan outdoor activities during cooler parts of the day.
- Never leave people or pets in your care inside a parked vehicle or in direct sunlight.
- Limit or avoid sugary, caffeinated and alcoholic beverages.

Heat illnesses are preventable; the most dangerous heat illness is heat stroke. If caring for someone with heat stroke symptoms, such as complete or partial loss of consciousness, confusion and high body temperature, **call 911 immediately**. While waiting for help, cool the person by moving them to a cool place, applying cold water to large areas of the skin or clothing and fanning the person as much as possible.

Renfrew County and District Health Unit and County of Renfrew Paramedic Service urge everyone to stay alert and take precautions. Remember to frequently visit neighbours, friends and older family members, especially those who are chronically ill, to make sure they are cool and hydrated.

For additional tips on how to stay safe and what to do during an extreme heat-related emergency please visit [www.rcdhu.com](http://www.rcdhu.com) or follow us on Facebook and Twitter @RCDHealthUnit

For more information:

Courtney Trombley, RN, BScN, CIC  
Coordinator, Communications and Emergency Preparedness  
Renfrew County and District Health Unit  
Tel: 613 735-8654 Ext. 590  
Cell: 613-585-2662  
Fax: 613-735-3067  
[media@rcdhu.com](mailto:media@rcdhu.com)  
[www.rcdhu.com](http://www.rcdhu.com)