

MEDIA RELEASE

For immediate release

June 21, 2023

Extended Heat Warning for northwestern Ontario

Summer has arrived, bringing with it an extended heat warning for much of northwestern Ontario. Prolonged hot weather can be harmful to everyone's health, but the risks are greatest for:

- older adults;
- infants and young children;
- people with chronic illnesses such as breathing difficulties, heart conditions or mental health illnesses;
- people who work or exercise in the heat;
- people experiencing homelessness; and
- people without access to air conditioning.

Northwestern Health Unit (NWHU) wants to make sure everyone stays safe during hot weather. It's a good idea to check on your neighbours, friends, and older family members to make sure they feel okay. Parents, coaches, and those supporting at-risk individuals should be aware of the signs of heat-related illness, including dizziness or fainting, nausea or vomiting, headache, fast breathing or heartbeat, extreme thirst and not urinating often. If you notice these symptoms, move the person to a cooler place and get them to drink water. If symptoms worsen, get medical help.

"Heat-related illnesses can be prevented. If you have to be outside, remember to drink water, wear light-coloured clothes, find shade, and plan unavoidable vigorous outdoor activities for cooler parts of the day," says Stephanie Charles, Health Promoter at NWHU. During prolonged hot weather, never leave people or pets inside a parked vehicle or in direct sunlight.

For more information, contact NWHU at 1-800-830-5978.

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