



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

## For Immediate Release

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(Pembroke, Ontario, July 5, 2023)

### **Heat Warning Issued by Environment Canada**

A multi-day heat warning has been issued for Renfrew County and District, with daytime temperatures reaching 29 to 33 degrees Celsius and humidex values of 37 to 42 degrees Celsius. Overnight lows of 17 to 22 degrees Celsius.

It is important to take steps to prevent heat-related illness during this heat event. Extreme heat can put everyone at risk from heat related illness, however, older adults, infants and young children, people with chronic health conditions, those who work or exercise in the heat, people experiencing homelessness, and people without access to air conditioning are at greatest risk.

Renfrew County and District Health Unit recommends 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.
- 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 during extreme heat, immediately move to a cool place and drink liquids. Water is best. If you don't feel better soon after, seek medical help immediately.

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

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Renfrew County and District Health Unit  
[media@rcdhu.com](mailto:media@rcdhu.com)  
Fax: 613-735-3067