



FOR IMMEDIATE RELEASE

Heat Warning Alert Issued for the County of Haliburton, City of Kawartha Lakes and Northumberland County

PORT HOPE (September 5, 2023) — The Haliburton, Kawartha, Pine Ridge (HKPR) District Health Unit is informing the County of Haliburton, City of Kawartha Lakes, and Northumberland County that [Environment Canada](#) has forecasted hot, humid weather continuing through Wednesday, September 6, 2023.

The HKPR District Health Unit is taking protective action by alerting the public of extreme heat events to prevent and reduce heat-related illnesses and direct community response and outreach to at-risk and priority populations. Based on criteria from Environment Canada, the HKPR District Health Unit will issue the following alerts:

- **Heat Warning:** when the daytime temperature is expected to be 31°C or higher, with a minimum overnight low of 20°C or higher, for two (2) consecutive days. A heat warning can also be issued when the humidex is forecast to be 40 or higher for two (2) consecutive days.
- **Extending Heat Warning:** when the same conditions apply above, but the heat event is expected to last for three or more days in a row.

Heat-related illnesses such as dehydration, heat cramps, heat exhaustion, and heat stroke can be very dangerous, especially to those most vulnerable to health risks including people who work outdoors, people who are unhoused, elderly and some people with disabilities or chronic diseases, people who are pregnant, and children and infants. Monitor yourself and those around you for signs of heat-related illness and seek medical attention if required.

Symptoms of Heat Stroke include:

- tiredness and weakness
- dizziness and/or fainting
- rash
- nausea or vomiting
- rapid breathing and headache
- extreme thirst
- decreased urination with unusually dark yellow urine

To help reduce your risk of heat-related illnesses during an extreme heat warning, ensure you drink lots of water, even if you don't feel thirsty and try to spend time in an air-conditioned home or public building, such as a shopping mall, library, or community centre. Contact your local municipality to ask about designated public cooling centres.

Tips to Staying Cool Indoors

During an extreme heat warning staying indoors can limit direct sun exposure, but it can also cause potential health risks if indoor temperatures get too warm. Stay cool indoors by covering windows and using a fan to circulate air, keep lights off or low, avoid using the oven or hot appliances, take a cool bath or shower and turning on air conditioning, if available.

Tips to Staying Cool Outdoors

During an extreme heat warning it may not be possible for some people to remain indoors or access air-conditioned spaces. Stay cool outdoors by avoid direct sunlight by staying in the shade, reducing physical activity and outdoor sports, wear loose-fitting, light-coloured clothing and a wide-brimmed hat, and monitor yourself and others for signs of heat-related illness.

Extreme heat can be dangerous. Knowing how to prepare and keep cool will help you stay safe and healthy. Find more information, tips, resources, and active local heat alerts at www.hkpr.on.ca/Heat.

-30-

Media Contacts:

Maddie Forestell, Communications Officer, HKPR District Health Unit, 1-866-888-4577 ext. 1234, mforestell@hkpr.on.ca or Abby Tabaco, Emergency Management Health Hazard Coordinator, HKPR District Health Unit, 1-866-888-4577 ext. 1333, atabaco@hkpr.on.ca

About the Haliburton, Kawartha Pine Ridge District Health Unit

The Haliburton, Kawartha, Pine Ridge District Health Unit provides important public health programs and services to residents in Northumberland County, Haliburton County, and the City of Kawartha Lakes. Our dedicated team of public health professionals, led by our Medical Officer of Health, promote healthy living, protect against disease, and prevent illness and injury. We work with health care providers and community partners to address emerging health issues, service gaps and social inequities to support residents in being well and reaching their full potential. Our values of trust, engagement, accountability, and leadership guide what we do every day. Learn more at www.hkpr.on.ca.