

Communications Office
Peterborough County-City Health Unit
10 Hospital Drive
Peterborough, ON K9J 8M1
(705) 743-1000, ext. 391
www.pcchu.ca



FOR IMMEDIATE RELEASE
Friday, July 15, 2011

Health Unit Issues Heat Alert for Peterborough City and County

Residents Advised to Take Precautions to Avoid Heat-Related Illness

The Peterborough County-City Health Unit is issuing a Heat Alert for Peterborough City and County for Sunday, July 17 and Monday, July 18 to help residents prepare for the hot, humid weather forecast for the next few days.

A Heat Alert is issued when temperatures or the Humidex are forecast to be 36°C for two or more consecutive days. Depending on changes to the forecast for the next few days, the Heat Alert may be elevated to a Heat Warning or lifted.

Extreme heat events are a potentially significant health risk and can have a severe impact on the health of vulnerable populations including infants, the elderly, shut-ins, persons with chronic diseases, the morbidly obese and the marginally housed. Heat related illnesses such as dehydration, heat cramps, heat exhaustion, and heat stroke are preventable. Most healthy people can tolerate a short period of hot and humid weather as long as they stay cool and drink plenty of fluids.

In order to protect the health of people in Peterborough County and City, Curve Lake First Nation, and Hiawatha First Nation, the Health Unit advises local residents to take the following precautions:

- Drink lots of water and natural fruit juices even if you don't feel very thirsty. Avoid alcoholic beverages, coffee and cola.
- Avoid going out in the blazing sun or heat when possible. If you must go outside, stay in the shade as much as possible and plan to go out early in the morning or evening when it is cooler.
- Go to air conditioned or cool places such as shopping malls, libraries, community centres or a friend's place.
- If you don't have air conditioning, keep shades or drapes drawn and blinds closed on the sunny side of your home, but keep windows slightly open.
- Keep lights off or turned down low.
- Wear loose fitting, light clothing and a wide brimmed hat.

NEWS RELEASE

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- Take a cool bath or shower periodically or cool down with cool, wet towels.
- Avoid heavy meals and using your oven.
- Avoid intense or moderately intense physical activity.

Symptoms of heat exhaustion include:

- heavy sweating
- muscle cramps
- weakness
- headache
- fainting
- paleness, tiredness
- dizziness, nausea

Air conditioned public facilities are available to local residents seeking a place to cool off. Residents are advised to phone in advance to determine hours of operation.

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For further information, please contact:

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