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**FOR IMMEDIATE RELEASE**  
**Monday, July 18, 2011, Peterborough**

## **Health Unit Lifts Heat Alert for Peterborough City and County**

### ***Health Unit to Continue Monitoring Forecast for Extreme Heat Conditions***

With the forecast of cooler temperatures and less humid air, the Peterborough County-City Health Unit is lifting the Heat Alert issued on Friday, July 16 effective today, Monday, July 18, 2011.

While the Heat Alert has been lifted, residents are reminded to take precautions in hot weather, including drinking plenty of water to stay hydrated, keeping their homes cool, and staying out of the heat whenever possible. The Health Unit will continue to monitor the forecast and will issue another heat advisory if extreme heat conditions return as predicted later this week.

The Health Unit has adopted a series of extreme heat thresholds designed to advise the public, health professionals, and community service providers on appropriate measures they can take to reduce the health effects of hot, humid, and smoggy weather. These advisories, comprising of a Heat Alert, Heat Warning, and Heat Emergency are issued when a hot or humid air mass is forecast and a weather related health effects may occur.

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**For further information, please contact:**

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NEWS RELEASE