

FOR IMMEDIATE RELEASE
Thursday, July 21, 2011, Peterborough

Health Unit Continues the Heat Warning for Peterborough City and County

Residents Advised to Take Precautions to Avoid Heat-Related Illness



The Peterborough County-City Health Unit is continuing a Heat Warning for Peterborough City and County for Thursday, July 21 and Friday, July 22 to help residents cope with the hot, humid weather for the next few days.

A Heat Warning is issued when the temperatures or Humidex are forecast to be 36°C for two consecutive days with a smog advisory, or 40°C for two consecutive days without a smog advisory. This heat warning is being issued as Humidex readings are above 40°C for the next two days.

During a Heat Warning, the Health Unit advises the suspension of strenuous outdoor sports activities and asks that caretakers and family members check more frequently on vulnerable groups.

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. During periods of hot and humid weather it is important to take time to cool off 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.

NEWS RELEASE

Communications Office

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- 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.
- 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

The following air conditioned public facilities are available to local residents seeking a place to cool off:

- Evinrude Centre, 911 Monaghan Rd
- Kinsmen Civic Centre, 777 Sherbrooke St
- Peterborough Memorial Centre, 121 Lansdowne St. W
- Northcrest Arena, 100 Marina Blvd
- Wellness Centre ,775 Brealey Drive
- Peterborough Public Library, 345 Aylmer St. N.

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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