For immediate release  
June 21, 2013

## Heat warning in effect for Sunday June 23, 2013 until further notice

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**Ottawa** – Ottawa Public Health (OPH) is issuing a heat warning starting on June 23, 2013 until further notice because the humidex is forecast to exceed 40 Celsius. It is important to know that extreme heat can cause dehydration, heat exhaustion, heat stroke and even death.

Seniors, infants, young children and the homeless are at greater risk of suffering from heat-related illnesses well as people taking medications for Parkinson’s disease or those taking antidepressants. OPH is encouraging people to check on family, friends and neighbours who may be isolated or vulnerable to the heat.

During a [heat wave](http://ottawa.ca/en/residents/public-health/healthy-living/what-do-heat-wave), residents and visitors should:

* Drink plenty of fluids, preferably water and limit or avoid caffeine and alcohol
* Avoid strenuous physical activity outdoors
* Avoid direct exposure to the sun and seek shade and shelter at the first signs of heat exposure
* Spend at least two hours a day in an air-conditioned location, including shopping malls, local libraries or neighbourhood community centres
* Never leave children, the elderly or pets unattended in a car, even with the windows open

Residents can cool down at City [of Ottawa pools, splash pads, wading pools, beaches and community centres](http://ottawa.ca/en/residents/parks-and-recreation), as well as [Ottawa Public Library](http://biblioottawalibrary.ca/en/library) branches. In addition, [Rainbow Cinemas](http://www.rainbowcinemas.ca/A/?theatre=Ottawa&) in the St. Laurent Centre has partnered with the City of Ottawa to provide reduced ticket rates to help people access air conditioning and to cool down during heat warnings.

High air pollution and UV index levels often occur during hot weather conditions.

* People with breathing and heart problems, and parents and caregivers of children should pay attention to the hourly Air Quality Health Index available at [airhealth.ca](http://www.airhealth.ca) or at 866-688-3810.
* Check the UV index forecast daily at [theweathernetwork.com](http://www.theweathernetwork.com/uvreport/caon0512), [weather.gc.ca](http://weather.gc.ca/) or in local media.
* Choose a sunscreen and lip balm with a sun protection factor (SPF) of 30 or higher.

As part of the City of Ottawa Heat Action Plan, OPH closely monitors the weather forecast for heat, smog and UV index levels and notifies residents, service providers and media when heat thresholds are met. We offer protective and proactive advice on how to deal with these summer conditions.

The smog, UV and heat thresholds are:

* Heat Advisory (humidex of 36 or more for a least two consecutive days)
* Heat Warning (humidex of 40 or more for at least two consecutive days)
* Heat Emergency (humidex of 45 or more for at least two consecutive days or situational factors)
* Smog Advisory (based on air quality index (AQI) of > 50)
* UV Index Warning ( UV index of 10 or higher)

For additional information on ways to beat the heat, visit [ottawa.ca/health](http://www.ottawa.ca/en/health_safety/living/outdoor/index.html) or call Ottawa Public Health Information at 613-580-6744 (TTY: 613-580-9656). Connect with us on [Facebook](http://www.facebook.com/ottawahealth), [Twitter](http://www.twitter.com/ottawahealth),

[Pinterest](http://pinterest.com/otthealthsante/) and [Tumblr,](http://www.tumblr.com/blog/ottawahealth)

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