For immediate release
June 29, 2014

## Heat Advisory in effect June 29 until further notice

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**Ottawa** – Ottawa Public Health (OPH) is issuing a heat advisory starting on Sunday June 29, 2014 until further notice because the humidex is forecast to exceed 36 Celsius for two consecutive days. Extreme heat can cause dehydration, heat exhaustion, heat stroke and even death.

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

During a [heat advisory](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 look for shade Spend at least two hours a day in an air-conditioned location such as a shopping mall, local library or neighbourhood community centre
* Never leave children, the elderly or pets unattended in a car, even with the windows open

Residents and visitors 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 Ottawa Public Health 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. To protect yourself:

* 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 1-866-688-3810.
* Check the UV index forecast daily at [theweathernetwork.com](http://www.theweathernetwork.com/uvreport/caon0512), [weather.gc.ca](http://weather.gc.ca/) or in the local media.
* Choose a [sunscreen](http://ottawa.ca/en/residents/public-health/healthy-living/sun-safety#P32_1653) and lip balm with a sun protection factor (SPF) of 30 or higher.

For additional information, visit [OttawaPublicHealth.ca](http://ottawa.ca/en/residents/public-health/outdoor-environments) 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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