For immediate release
June 30, 2014

## Heat Warning in effect June 30 and July 1

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**Ottawa** – Ottawa Public Health (OPH) is issuing a heat warning for June 30 and July 1, 2014 because the humidex is forecast to exceed 40 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 warning](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. All branches, departments and services of the  Ottawa Public Library will be closed on Canada Day, Tuesday, July 1. Regular hours will resume as usual on Wednesday, July 2. Some outdoor pools, indoor pools and fitness centres will be open on Canada Day for [**public swimming**](http://ottawa.ca/en/rec_culture/class_activity/reg_mem/courses_available/swimming/schedules/index.html), and [**fitness classes**](http://ottawa.ca/en/residents/parks-and-recreation/fitness-memberships/group-fitness-aerobics)**,** with modified schedules. Please check ottawa.ca or the facility of your choice for details.

On July 1, residents and visitors can also cool down at many of the national capital’s museums which offer free admission on Canada Day. The Rideau Centre is also open on July 1 from 10 a.m. – 6 p.m. [**OC Transpo**](http://www.octranspo1.com/?from=splash) is offering **free service**on Canada Day and operating a special holiday schedule with extra service during the day and after the fireworks. 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)
* 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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