For immediate release:

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## Ottawa Public Health advising residents to be vigilant during heat warning

**Ottawa –** Ottawa Public Health (OPH) is notifying residents that Environment Canada is predicting that the Ottawa area will be under a heat warning effective Sunday, August 16 and Monday, August 17. A heat warning is issued when the temperature forecast is expected to exceed 31°C during the daytime and the night time temperature is not cooler than 20°C or the humidex is expected to exceed 40°C for two consecutive days.

Extreme heat can cause dehydration, heat exhaustion, heat stroke and even death. OPH is encouraging residents to check on family, friends and neighbours who may be isolated or more vulnerable to the heat. Seniors, infants, young children, people who are homeless and people taking certain prescription medications for conditions such as Parkinson’s disease and depression are at a greater risk of suffering from heat-related illness.

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 time in an air-conditioned location such as a shopping mall, local library or 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](http://ottawa.ca/en/residents/parks-and-recreation/recreation-facilities/pool-locations), [splash pads](http://ottawa.ca/en/residents/parks-and-recreation/drop-activities/splash-pads/outdoor-pools), [wading pools](http://ottawa.ca/en/residents/parks-and-recreation/drop-activities/wading-pools), [beaches](http://ottawa.ca/en/residents/parks-and-recreation/parks-and-sports-fields/beaches) and [community centres](http://ottawa.ca/en/residents/parks-and-recreation/recreation-facilities/recreation-centre-locations) as well as [Ottawa Public Library](http://biblioottawalibrary.ca/en/library) branches.

In addition, Rainbow Cinemas in the St. Laurent Centre has partnered with OPH 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 [airqualityontario.com](http://www.airqualityontario.com/aqhi/index.php) .

Check the UV index forecast daily at [theweathernetwork.com](http://www.theweathernetwork.com/uvreport/caon0512), [weather.gc.ca](https://weather.gc.ca/forecast/public_bulletins_e.html?Bulletin=fpcn49.cwao) 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 an 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). You can also 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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**For more information:**

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