For immediate release:

May 27, 2016

## Ottawa Public Health advising residents to be vigilant this weekend during early summer heat

**Ottawa –** Ottawa Public Health (OPH) is advising residents to take precautions during hot weather expected this weekend. A Special Weather Statement for early summer heat has been issued by Environment and Climate Change Canada as people may not be used to this early summer heat.

Extreme heat can cause dehydration, heat exhaustion, heat stroke and even death. Seniors, infants, young children, outdoor workers and athletes, 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.

OPH urges residents and visitors participating in outdoor activities such as the Ottawa Race Weekend and the Great Glebe Garage Sale to be cautious to avoid heat-related injuries.

Tips and advice during hot weather:

* Drink plenty of fluids throughout the day, preferably water and limit or avoid caffeine and alcohol
* Avoid or be very cautious if engaging in strenuous physical activity outdoors
* Limit or avoid direct exposure to the sun and look for shade
* Look for shelter 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) and [community centres](http://ottawa.ca/en/residents/parks-and-recreation/recreation-facilities/recreation-centre-locations) as well as at [Ottawa Public Library](http://biblioottawalibrary.ca/en/library) branches. Please check respective web pages for locations and schedules.

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/hot-weather)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), and [Instagram](https://www.instagram.com/ottawahealthsante/).

-30-

**For more information:**

Media contact

613-580-2450

Public inquiries

3-1-1