For immediate release:

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

**Ottawa –** Ottawa Public Health (OPH) is advising residents and visitors to take precautions during the hot weather expected this week. A heat warning has been issued by Environment and Climate Change Canada (ECCC). A heat warning is issued when the temperature is expected to exceed 31°C during the daytime and the night time temperature will not be cooler than 20°C or the humidex of 40 C is forecast for two consecutive days.

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.

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
* Stay connected with people in your community who have a difficult time coping with hot weather and those who live alone and check on them regularly.

Residents and visitors can cool down at City of Ottawa [beaches](http://ottawa.ca/en/residents/parks-and-recreation/parks-and-sports-fields/beaches), [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.

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) 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), and [Instragram](https://www.instagram.com/ottawahealthsante/).

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**For more information:**

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