For immediate release:

July 14, 2018

**Ottawa Public Health advising residents to check on others and take precautions during the heat warning**

A [Heat Warning](https://ecalertme.weather.gc.ca/warning-latest_en.php?ualert_id=14459&alert_code=ERN) has been issued by Environment and Climate Change Canada for the Ottawa area, as very hot temperatures are expected July 15 and 16. A heat warning is issued when the temperature is expected to exceed 31°C during the daytime and the nighttime temperature will not be cooler than 20°C or a 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:**

* 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.
* Drink plenty of fluids throughout the day, preferably water and limit or avoid caffeine and alcohol.
* Avoid strenuous outdoor physical activity.
* Limit or avoid direct exposure to the sun and wear a sunscreen with SPF 30 or higher, a wide-brimmed hat, sunglasses and SPF lip balm. Dress in light and loose fitting clothing.
* Look for shade or a cool shelter in an air-conditioned location such as a shopping mall, cinema, library or community centre.
* If taking part in Canada Day celebrations, especially where large crowds are expected, please limit your exposure by planning where to seek shelter from the heat.
* Never leave children, the elderly or pets unattended in a car, even with the windows open.
* Take frequent cool showers or baths. If you cannot shower or bath easily, sponge often with cool wet towels. Focus on cooling the back of the neck, under the arms and groin area. Soak feet and hands in a basin of cool water.

Residents and visitors can cool down at City of Ottawa [pools](https://ottawa.ca/en/residents/recreation-and-parks/swimming#pool-locations), [splash pads](https://ottawa.ca/en/residents/recreation-and-parks/swimming#splash-pads-summer-only), [wading pools](https://ottawa.ca/en/residents/recreation-and-parks/swimming#wading-pools-summer-only), and [beaches](https://ottawa.ca/en/residents/recreation-and-parks/swimming#beaches), as well as at [recreation facilities](https://ottawa.ca/en/residents/facilities)  and [public libraries](https://biblioottawalibrary.ca/en). Please check respective web pages for, locations and schedules at [Ottawa.ca](https://ottawa.ca/en)

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://www.ottawapublichealth.ca/en/public-health-topics/sun-safety-and-tanning.aspx#Sunscreen)and lip balm with an SPF of 30 or higher.

For additional information, visit [OttawaPublicHealth.ca](http://www.ottawapublichealth.ca/en/public-health-topics/extreme-heat-and-humidity.aspx?_mid_=25812) or call the Ottawa Public Health Information Line 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/)**.**

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**For more information:**

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