

MEDIA RELEASE

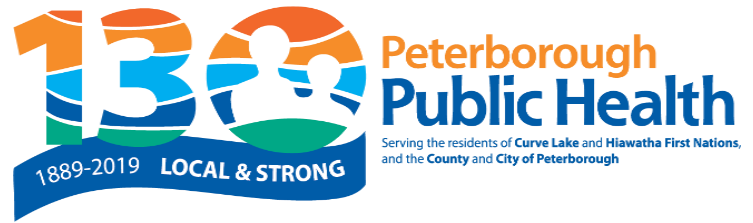
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FOR IMMEDIATE RELEASE

Thursday, July 18, 2019, Peterborough



Peterborough Public Health Issues Second Heat Warning of the Season

Today Peterborough Public Health is issuing the second Heat Warning of the season. A heat event is expected to start Friday, July 19 and extend until Sunday. Daytime high temperatures in the low to mid-thirties are forecast, with humidex values of forty or higher. Overnight low temperatures will remain in the low to mid-twenties, providing little or no relief from the heat.

Peterborough Public Health continues beach water testing throughout the City and County of Peterborough and at Curve Lake and Hiawatha First Nations. Results are regularly updated at www.peterboroughpublichealth.ca.

People suffer heat-related illnesses when their body temperature quickly rises and they are unable to cool themselves. The risk of heat-related illness increases with the amount of time spent in the heat, the temperature and an individual's sensitivity to heat. If you feel faint, find it hard to breathe, or feel confused and disoriented because of the heat, **call your doctor**. In an emergency, call 911.

Please remember to call or visit family, friends and neighbours, especially seniors who live on their own, to make sure they are alright.

Drink plenty of water, even if you don't feel thirsty. This decreases your risk of dehydration. Thirst is not a good indicator of dehydration.

Peterborough Public Health issues warnings for high heat or humidity that is expected to last two or more days. Peterborough Public Health follows a provincial [Harmonized Heat Warning and Information System](#) for dealing with heat events affecting Curve Lake and Hiawatha First Nations, and the City and County of Peterborough.

Peterborough Public Health staff will monitor this system to determine when the Medical Officer of Health should declare a heat warning or extended heat warning. This coordinated provincial system provides a consistent approach for processing and issuing heat warnings in Ontario. It also provides evidence-based heat warning triggers which are founded on the association between temperature, humidex and mortality.

Extreme heat events are a potentially significant health risk and can have a severe impact on the health of vulnerable populations including infants, the elderly, shut-ins, persons with chronic diseases, the morbidly

obese and the marginally housed. Heat-related illnesses such as dehydration, heat cramps, heat exhaustion, and heat stroke are preventable.

Extreme heat is often accompanied by poor air quality. Peterborough Public Health encourages you to monitor the Air Quality Health Index found as a link on the Ministry of the Environment & Climate Change's website www.airqualityontario.com and plan outdoor activities accordingly.

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For further information, please contact:

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