

**FOR IMMEDIATE RELEASE**

## **Lakelands Public Health Urges Continued Caution as Severe Cold Persists**

*Lakelands Public Health Issues Third Cold Warning of the Season*

**(February 5, 2026)** – [Lakelands Public Health](#) is issuing a Cold Warning for the County of Haliburton, the City of Kawartha Lakes, Northumberland County and the City and County of Peterborough effective starting February 7<sup>th</sup> through to February 8<sup>th</sup> as [Environment and Climate Change Canada](#) is forecasting the weekends temperature lows near -20°C or colder. Morning and overnight wind chill values are expected to be well below actual air temperatures, frequently feeling like -30 °C to -35 °C or colder, especially early in the morning. These wind chill values can increase the risk of frostbite and other cold-related injuries if exposed for extended periods.

“Temperatures have been persistently cold lately, and it’s important for everyone to take precautions whenever spending extended time outdoors,” said Julie Bromley, Manager, Emergency Services & Healthy Environments with Lakelands Public Health. “Extreme cold conditions can pose serious health risks, especially for people experiencing homelessness, older adults, young children, and those with chronic health conditions. Staying informed about weather conditions, dressing appropriately for the cold, and checking in on vulnerable neighbours are key steps to staying safe.”

These frigid conditions pose a serious health risk, particularly during the early morning and later evening hours when temperatures are typically at their lowest. Lakelands Public Health urges all residents to [take precautions](#) to protect themselves.

It is also important to [recognize signs](#) of cold-related illness. Frostbite may cause pale, numb, or hard skin, typically on fingers, toes, ears, and nose. Hypothermia symptoms include intense shivering, confusion, slurred speech, and difficulty walking; severe hypothermia is a medical emergency requiring immediate attention.

Those most at risk during extreme cold include:

- People experiencing homelessness or living in homes without reliable heat
- Older adults, infants and young children
- People with medical conditions including diabetes, respiratory and cardiovascular conditions
- People who take medications or substances that affect body temperature
- People who work or spend long periods of time outdoors
- People who rely on mobility devices
- Newcomers who may be unfamiliar with Canadian winter conditions

Residents are advised to limit outdoor exposure during the coldest periods and to take the following precautions to stay safe:

- Dress in multiple warm layers with a wind-resistant outer layer. Cover all exposed skin with hats, scarves, gloves or mittens, and warm socks.
- Change out of wet clothing promptly to prevent heat loss.
- Ensure home heating systems are functioning properly and carbon monoxide detectors are working.
- Seek out community warming centres or other heated public spaces if needed.

Lakelands Public Health will continue monitoring weather conditions and providing updates as needed.

Residents can also sign up for [WeatherCAN alerts](#) to receive timely weather notifications.

For more information on cold weather safety and local resources visit [LakelandsPH.ca/Cold](#).

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#### **About Lakelands Public Health**

Lakelands Public Health serves the County of Haliburton, the City of Kawartha Lakes, Northumberland County, and the City and County of Peterborough. The organization works to protect health, prevent illness and injury, and promote overall well-being for everyone who lives, works, and learns in the region, including urban and rural communities as well as Alderville, Curve Lake, and Hiawatha First Nations.

Established through the voluntary merger of the Haliburton, Kawartha, Pine Ridge District Health Unit and Peterborough Public Health, Lakelands Public Health combines local knowledge, public health expertise, and a strong community focus to deliver programs and services that respond to local needs. These include infectious disease prevention and control, healthy living initiatives, environmental health, school and family health programs, and emergency preparedness. For more information, visit [LakelandsPH.ca](#).