



COUNTY OF WELLINGTON

Media Release

FOR IMMEDIATE RELEASE

July 18, 2019

EXTREME HEAT WARNING

WELLINGTON COUNTY, ON- Environment and Climate Change Canada has issued a Heat Warning for Guelph, Wellington County and Dufferin County. Temperatures are expected to reach above 31°C (humidex greater than 40) on Friday, July 19 until Sunday, July 21.

The combination of high heat, high humidity, and exposure to the sun's UV rays can be hazardous to your health. It's important to prepare for hot weather to help prevent heat-related illness and death. Read below to find out what you can do to protect yourself and others.

Know the forecast

You can find out when there's a heat warning by following:

- Local weather reports
- Warnings from Environment Canada
- @WDGPublicHealth on Twitter

Have a plan

Plan breaks from the heat by spending a few hours in a cool place. It could be a tree-shaded area or splash pad, or an air-conditioned spot such as a shopping mall, grocery store, community centre, place of worship or public library. Remember that children, the elderly, and those with chronic conditions are at higher risk of suffering from heat-related illness.

During times of high heat and humidity:

- Stay hydrated by drinking plenty of cold water or juice
- Stay out of the sun
- At home, close awnings, curtains, and blinds during the day to keep the sun out
- Schedule strenuous outdoor activities for the early morning or evening hours
- Spend as much time as possible in air-conditioned places
- Never leave people or pets inside a parked vehicle or in direct sunlight
- Call or visit family, friends, and neighbours to make sure they are okay

Help others

- Plan to visit neighbours, friends and family, especially isolated seniors, to make sure they're cool and hydrated
- If you have air conditioning, welcome family and neighbours into your home when they need a place to cool off.

For more information, visit: www.wdgpUBLICHEALTH.ca

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