

## Media Release

**July 19, 2022**

### **Extended Heat Warning issued for Chatham-Kent; Cooling Stations Available**

With the prediction of hot and/or humid weather, Environment Canada has issued a multi-day Heat Warning beginning Tuesday July 19<sup>th</sup>, possibly lasting until Sunday July 24<sup>th</sup>.

In high temperatures and humidity, your body may not be able to cool properly which can lead to heat exhaustion or even heat stroke.

Symptoms of heat-related illness may include: rapid breathing, dizziness or fainting, vomiting, rapid heartbeat, extreme thirst and decreased urination with unusually dark yellow urine. If you have these symptoms, we suggest moving to a shaded or air-conditioned area, drinking plenty of fluids, and resting. Contact your health care provider, a friend or a family member.

Heat strokes are considered a medical emergency. Call 911 immediately if you are caring for someone who has a high body temperature, is unconscious, confused or has stopped sweating. Friends, family and neighbours should check on those who may be vulnerable and subject to any symptoms of overheating and who may need help keeping cool or taking other preventative actions. Heat related illness can affect the elderly, very young, people with chronic illnesses, and even healthy people if they participate in strenuous activities and do not take precautions. For more information on the issued Heat Warning, please visit: [https://weather.gc.ca/warnings/report\\_e.html?on16](https://weather.gc.ca/warnings/report_e.html?on16).

During a prolonged heat event, indoor air temperatures in homes can reach dangerous levels, as higher temperatures overnight do not adequately cool off the home. People without air conditioning are at an increased risk of heat related illness.

#### **Ways to help prevent heat-related illness:**

- Drink plenty of fluids, especially water.
- Never leave anyone or pets in a parked car.
- Seek cooler or air conditioned spaces.
- If you are taking medication or have a health condition, ask your health care provider or pharmacist if heat increases your health risk. Be sure to follow their recommendations.
- Check on elderly family members and neighbors daily to make sure they are keeping cool.
- Wear light-weight, loose fitting clothing.
- Take cool showers or baths, or use cool, wet towels on your face, neck or arms.
- The use of a fan alone may not provide enough relief from the heat.
- Avoid strenuous activities between 10 a.m. and 4 p.m. when the sun is at its hottest.
- Avoid going out in the sun, if possible. If you are outdoors, wear sunscreen.
- Avoid heavy meals and using your oven.
- Keep curtains closed to block sun during the day.

When Environment Canada issues a heat warning, daytime cooling centres across Chatham-Kent will be available. The following cooling centres will be open this week in light of the heat warning:

**Hope Haven (183 Wellington St. W., Chatham)**

9AM-5PM Tuesday July, 19<sup>th</sup> – Saturday, July 23<sup>rd</sup>

**Ashley's Place (75 Queen St. N., Tilbury)**

11AM-5PM Tuesday July 19<sup>th</sup>- Friday, July 22<sup>nd</sup>

11AM-3PM Saturday, July 23<sup>rd</sup>

**James St. Drop-In Centre (719 James St., Wallaceburg)**

12PM-8PM Tuesday July 19<sup>th</sup> – Saturday, July 23<sup>rd</sup>

Municipal Centres and Libraries are also available to get out of the heat. For a list of available Centres and their hours of operation, please visit: <https://www.chatham-kent.ca/services/Pages/Contact-Us.aspx>.

For a list of Library locations and their hours of operation, please visit: [Branch Information \(chatham-kent.ca\)](http://chatham-kent.ca).

Please contact the Homeless Response Line at 519.354.6628 if you require assistance with transportation.

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*For more information:*

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