

---

**Media Release****June 17, 2024****For Immediate Release****Extended Heat Warning issued for Chatham-Kent**

With the prediction of dangerously hot and humid weather conditions, Environment Canada has issued a prolonged heat event beginning Monday, June 17, 2024, through the week and possibly into the weekend.

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, move to a shaded or air-conditioned area, drink plenty of fluids, and rest. Contact your health care provider, a friend or a family member.

Heat stroke is 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.

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 people 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 lightweight, 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 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.

**Municipal Centres and Libraries are 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:  
<https://www.chatham-kent.ca/library/usingthelibrary/branches/Pages/Branch-Information.aspx>

Homeless persons, and/or those lacking shelter, water, or food are particularly vulnerable to the impacts of extreme heat. Anyone experiencing homelessness should call the Homeless Response Line at 519.354.6628 (24/7) for support.

-ends-

**Media Contact: Jacquie Cartwright**

Community Outreach & Public Relations Officer | CK Public Health

E: [ckphucommunications@chatham-kent.ca](mailto:ckphucommunications@chatham-kent.ca)