

**MEDIA RELEASE****June 10, 2026**

### **Who's Most at Risk During a Heat Wave? It Might Surprise You**

When people think about emergencies, they often picture storms, floods, or winter weather. But one of the most serious seasonal risks in Chatham-Kent arrives quietly, with rising temperatures.

Extreme heat.

As summer approaches, Chatham-Kent Public Health is reminding residents that heat is more than an inconvenience, it can quickly become dangerous, especially when people aren't prepared.

"The health risks linked to extreme heat are often overlooked," said Dr. Shanker Nesathurai, Medical Officer of Health for CK Public Health. "Yet every summer, people in our community face serious heat-related health issues, many of which can be managed with the right precautions."

Extreme heat can impact those working outdoors as well as individuals taking part in outdoor recreational activities. It can be especially difficult for people with chronic health conditions who live in homes without air conditioning, as well as for those who live alone and have limited social support networks.

#### **Small Steps Can Make a Big Difference**

Rather than waiting to respond when temperatures rise, CK Public Health encourages residents to include heat preparedness in their regular summer planning. Getting ready for extreme heat can be simple, taking a few practical steps now can help protect you and others later:

- Stay up to date on weather forecasts and heat alerts.
- Plan ahead by identifying cool places like libraries, shopping centres, and community centres.
- Keep your home as cool as possible by using blinds, curtains, air conditioning, or fans.
- Drink plenty of fluids.
- Modify your activities and take breaks during hot weather.
- Regularly check on friends, family members, and neighbours, especially those with chronic health conditions who may have difficulty coping with extreme heat.

"One of the most important things people can do during a heat event is look out for each other," said Dr Nesathurai. "A quick check-in can go a long way in keeping someone safe."

#### **Know Before It Gets Too Hot**

Taking steps now, before temperatures rise, can help prevent serious health impacts later.

For more information on how to prepare for extreme heat and find local resources, visit:  
[www.ckpublichealth.com/extreme-heat](http://www.ckpublichealth.com/extreme-heat)

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