MIDDLESEX-LONDON HEALTH UNIT

MEDIA RELEASE media release

HOT TEMPERATURES AND HIGH HUMIDITY ON THE WAY, PROMPTING A ONE-DAY HEAT ALERT

FOR IMMEDIATE RELEASE

August 11, 2021

London, ON – While weather conditions in London and Middlesex County have been very muggy this week, Environment Canada's latest forecast is calling for temperatures to reach 31º Celsius and for Humidex values of 39 tomorrow, enough for the Middlesex-London Health Unit to issue a one-day **Heat Alert.** The Alert will come into effect Thursday, August 12th, as temperatures climb throughout the day and will remain in effect until Friday morning, as temperatures are expected to remain above 20º Celsius overnight.

"Hot, hazy and humid weather are part of summertime in southwestern Ontario, but we still need to take steps to protect ourselves from heat-related illnesses when the mercury climbs as high as it will tomorrow," says David Pavletic, Manager of Environmental Health with the Middlesex-London Health Unit. "If you plan on spending time outdoors tomorrow, one of the most important things you can do to beat the heat is to have water close by so you can stay hydrated. If you'll be outside for any length of time tomorrow, it will also be important to take breaks so you can get relief from the heat."

The Health Unit recommends continuing to follow public health guidance to limit the potential spread of COVID-19. This includes maintaining six feet of physical distance from others, wearing a mask, especially indoors where physical distancing cannot be maintained and cleaning your hands frequently. If spending time indoors, ensure that everyone is fully vaccinated. In addition, the Health Unit suggests the following tips to avoid potential heat-related illnesses:

- Drink plenty of water and natural juices throughout the day, even if you don't feel very thirsty. Remember to take sips often and not to guzzle your drink.
- Never leave a child or pet in a parked car or sleeping outside in direct sunlight.
- Avoid drinking alcoholic beverages, as well as coffee and cola.
- When possible, avoid spending too much time outdoors. If you must be outside, seek shade as much as possible. Plan outdoor activities in the early morning or evening.
- Wear a wide-brimmed hat when outdoors.
- Keep shades or drapes drawn and blinds closed on the sunny side of your home.
- Avoid turning on electric lights in your home.
- Take a cool bath or shower periodically or cool down with cool, wet towels.
- Wear loose fitting, light clothing.
- Avoid eating heavy meals and using your oven.
- Avoid intense or moderately intense physical activity.
- Use fans to draw cool air at night, but do not rely on a fan as a primary cooling device during extended periods of excessive heat.
- Reduce the use of personal vehicles, stop unnecessary idling; avoid using oil-based paints and glues, pesticides and gas-powered small engines.

Visit: www.healthunit.com/extreme-heat for more information on heat-related illness.

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