

# FIRST EXTENDED HEAT WARNING OF THE SEASON ISSUED

## FOR IMMEDIATE RELEASE

London, ON – A [forecast](#) calling for five consecutive days of high temperatures has led Environment and Climate Change Canada to issue an **Extended Heat Warning** for London and Middlesex County from Monday, June 17<sup>th</sup> through Friday, June 21<sup>st</sup>. The forecast predicts high temperatures of 33°C on Monday, 34°C on Tuesday, 33°C on Wednesday, 33°C on Thursday, and 31°C on Friday, with the heat expected to ease on Saturday when the temperature is anticipated to drop to 30°C ending the heat warning.

**Extended Heat Warnings** are issued when one or more of the following criteria are met:

- Environment and Climate Change Canada issues a forecast calling for a daytime high of 31°C or higher and a forecast low of 20°C or higher for **three consecutive** days or longer, or;
- Environment and Climate Change Canada issues a forecast calling for a Humidex of 40 or higher for **three consecutive** days or longer, or;
- Environment and Climate Change Canada Forecasters anticipate that actual temperatures and humidex values in London and Middlesex County will reach the thresholds noted above.

The Middlesex-London Health Unit is reminding the public to take steps to stay cool and to keep hydrated during this heatwave and recommends the following tips to avoid the risks of heat-related illness:

- Drink plenty of water and natural juices throughout the day, even if you don't feel very thirsty.
- Never leave a child or pet in a parked car or sleeping outside in direct sunlight.
- Avoid drinking caffeinated or alcoholic beverages, including coffee and cola.
- When possible, avoid spending too much time outdoors. If you must be outside, seek shade as much as possible and 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.
- 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 and unnecessary idling.
- Avoid using oil-based paints and glues, pesticides, and gas-powered small engines.

For more information on heat-related illness and cooling centres, visit:

<https://www.healthunit.com/extreme-heat>

### Media Contact:

Jennifer Wycaver, Manager On-Call, Middlesex-London Health Unit,  
[manageroncall@mlhu.on.ca](mailto:manageroncall@mlhu.on.ca)

### Spokesperson:

Dr. Alex Summers, Medical Officer of Health, Middlesex-London Health Unit

[www.healthunit.com](http://www.healthunit.com)