

HEAT AND HUMIDITY PROMPT HEALTH UNIT TO ISSUE SECOND TWO-DAY HEAT WARNING

FOR IMMEDIATE RELEASE

June 20, 2022

London, ON – With the official start of summer tomorrow, the forecast is calling for a short heatwave to mark the change of seasons. The Environment Canada forecast is calling for a two-day spike in temperatures on Tuesday and Wednesday. Tuesday's high is expected to reach 33° Celsius with a humidex of 39. While rain showers are expected on Wednesday, temperatures are still expected to reach a high of 31° Celsius. These temperatures meet the Middlesex-London Health Unit's criteria for a two-day **Heat Warning**. The overnight temperatures are expected to offer a slight reprieve, dropping to 23° Celsius on Tuesday, and 15° Celsius on Wednesday. Based on the current forecast, this **Heat Warning** will remain in effect until Thursday morning, when the daytime high is expected to reach 27° Celsius.

The Health Unit issues **Heat Warnings** when one or more of the following criteria are met:

- Environment Canada issues a forecast calling for a day-time high of 31° Celsius or higher and a forecast low of 20° Celsius or higher for **two consecutive days**, or;
- Environment Canada issues a forecast calling for a Humidex of 40° Celsius or higher for **two consecutive days**.

The Health Unit 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 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.
- 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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www.healthunit.com