



City of Pembroke Media Release

For Immediate Release – Thursday July 18, 2019

Heat Warning for Pembroke

The City of Pembroke is issuing a Heat Warning for Friday July 19, 2019 extending into the weekend. A heat warning is automatically declared when Environment Canada forecasts a humidex of 40 or more for at least two consecutive days. Extreme heat can cause dehydration, heat exhaustion, heat stroke and even death. The very young, the old and the chronically ill are at greatest risk; however, anyone can suffer from heat-related illnesses, especially in the summer when people have not yet acclimatized. Protection from the heat according to Health Canada includes drinking plenty of fluids, wearing light coloured clothing including a hat, having access to air-conditioning or block the sun by closing curtains or blinds during the day and cooling down in the shade, swimming facility or cool shower. The City of Pembroke is encouraging people to check on those who may need assistance, such as the elderly and chronically ill. If you or someone you know is at risk and has nowhere to shelter from the heat this weekend they may go to one of the following cooling centers:

Centre	Location	Monday to Friday	Saturday	Sunday
Pembroke Mall	1100 Pembroke Street East	9 am to 9 pm	9 am to 6 pm	9 am to 5 pm
West End Mall	1200 Pembroke Street West	8 am to 9 pm	8 am to 6 pm	11 am to 5 pm
Giant Tiger's "GT Eats" Sitting Area	Via Giant Tiger's Prince Street Entrance	8 am to 8:45 pm	8 am to 5:45 pm	9 am to 4:45 pm
St. John Ambulance	310 Mackay Street	9 am to 4 pm	Closed	Closed
Pembroke Public Library	237 Victoria Street	10 am to 8 pm (Closed at 5:30 pm on Fridays)	10 am 5:30 pm	Closed

Everyone is encouraged to drink plenty of water, stay out of the sun and find a cool place to spend these few days. Information is available by calling the City of Pembroke at (613) 735-6821 or on the web at www.pembroke.ca. You can also view a Health Canada information page at <https://www.canada.ca/en/health-canada/services/sun-safety/extreme-heat-heat-waves.html>

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For further information, contact:
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