

Media Release

Date: July 24, 2020

Heat warning for Pembroke

The City of Pembroke is issuing a heat warning for Saturday, July 25th extending through Monday, July 27th.

A heat warning is issued through Environment Canada when very high temperatures or humidity conditions are expected to pose a higher risk of heat illnesses such as heat stroke or heat exhaustion. In Pembroke and the surrounding area, humidex values reaching the mid-30s are expected Saturday, with values nearing 40 expected Sunday and Monday.

Extreme heat can cause dehydration, heat exhaustion, heat stroke and even death. Young children, pregnant women, older adults, people working or exercising outdoors and the chronically ill are at greatest risk. However, anyone can suffer from heat-related illnesses, especially early 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 touch base 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	11 am to 7 pm	11 am to 6 pm	12 pm 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

Information is available by calling the City of Pembroke at 613-735-6821 or on the [City's website](#). More information is also available through [Health Canada](#).

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Contact: **Colleen Sauriol**
Community Emergency Management Coordinator
csauriol@pembroke.ca
613-735-6821 ext. 1301