

Media Release

Date: June 7, 2021

Heat warning for Pembroke

The City of Pembroke is issuing a heat warning extending to Wednesday June 9, 2021.

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 39 are expected for the next couple of days.

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.

Due to the COVID-19 pandemic, the City's usual cooling centres are not presently open to the public. The City encourages people to stay home in order to stay cool and safe.

Everyone is also 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 [City's website](#). More information is also available through [Health Canada](#).

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