



MEDIA RELEASE

For Immediate Release
August 8, 2022

Extended Heat Warning notification for the City of Hamilton

HAMILTON, ON – The Medical Officer of Health for the City of Hamilton has initiated an Extended Heat Warning beginning on **August 8, 2022**. The Extended Heat Warning stays in effect until a cancellation notice is sent.

Heat event is expected to continue today. Maximum temperatures are expected to be near thirty. Humidex values are expected to reach near 40.

Relief from humidity and cooler temperatures are expected on Tuesday.

The City of Hamilton and participating community agencies are responding to the heat by offering “cool places” to go during all stages of a heat event. These locations can be identified by a “Cool Down Here” sign at the entrance.

As part of the heat response plan regularly scheduled Open Swims at all City of Hamilton indoor and outdoor pools will be free of charge. There are many spray pads, additional cool places and outdoor pools across Hamilton. For more information visit www.hamilton.ca/heat

Signs of heat exhaustion include heavy sweating, weakness, cold, pale and clammy skin, weak pulse, fainting and vomiting. If experiencing symptoms, seek help right away – call 9-1-1 if needed.

Reduce your risk of heat-related illness by following these precautions:

- **Drink plenty of water.** Avoid drinking alcoholic and caffeinated beverages on hot days.
- **Go to an air-conditioned place.** Visit a designated cool place listed on www.hamilton.ca/heat
- **Dress to protect from the heat.** Wear lightweight, loose-fitting, light coloured clothing. Wear a hat or take an umbrella to keep your head cool and don't forget sunscreen.

- **Take it easy.** Limit physical activities (walking, running, gardening, etc.) during the day. If rescheduling activities to dawn or dusk when it may be cooler, protect yourself with insect repellent as mosquitoes are more active at such times. Check labels to apply
- **Cool off.** Take a cool bath or shower.
- **Keep your living space cool.** Close your blinds or curtains. Open windows to let air circulate when using a fan.
- **Never leave children or pets alone in closed vehicles.** Temperatures in a car can become life threatening within minutes.
- **Check on your neighbours and family.**

Additional Resources

Information about the Heat Alert and Response System visit www.hamilton.ca/heat.

For tips on coping with the heat and places to cool off visit www.hamilton.ca/heat or call 905-546-CITY (2489).

City of Hamilton Indoor and Outdoor Pool Locations and Schedules
www.hamilton.ca/recreation.

Information on how heat affects human health is available on the [Health Canada website](http://www.healthcanada.gc.ca).

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MEDIA CONTACT:

For information regarding community response:

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