



Renfrew County and District Health Unit
"Optimal Health for All in Renfrew County and District"

For Immediate Release

(Pembroke, Ontario, July 28, 2025)

Heat Warning Issued by Environment Canada

Environment Canada has issued a heat warning for Renfrew County and District.

- Daytime highs: 30–33°C
- Humidex values: 38–42°C
- Overnight lows: 19–21°C, offering little relief

Health Advisory

Heat Safety

It is important to take steps to prevent heat-related illness. Extreme heat can affect anyone, but those most at risk include older adults, infants and young children, people with chronic medical conditions, those who work or exercise in the heat, people experiencing homelessness, and people without access to air conditioning.

To stay cool and prevent heat-related illness:

- Drink plenty of cool liquids, especially water, before feeling thirsty.
- Wear loose-fitting, light-coloured clothing made of breathable fabric.
- Take a cool shower or bath until you feel refreshed.
- Take a break from the heat by spending a few hours in a cool place.
- Avoid sun exposure. Shade yourself by using a wide-brimmed hat or umbrella.
- Plan outdoor activities for cooler parts of the day.

Look for these typical signs and symptoms of heat illness:

- Dizziness or fainting
- Nausea or vomiting
- Headache
- Rapid breathing and heartbeat
- Extreme thirst
- Decreased urination with unusually dark yellow urine

If you experience any of these symptoms, immediately move to a cool place and drink liquids. Water is best. If you don't feel better soon after, seek medical help immediately.

Stay Informed

For additional tips on how to stay safe and what to do during an extreme heat-related event visit [Emergency Preparedness | Renfrew County and District Health Unit \(rcdhu.com\)](https://www.rcdhu.com/emergency-preparedness). To stay

up-to-date on weather alerts, visit: [Weather Information - Environment Canada](#). For more information visit www.rcdhu.com or call 613-732-3629 or 1-800-267-1097.

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