



## **MEDIA RELEASE**

For Immediate Release  
August 5, 2022

### **Heat Warning notification for the City of Hamilton**

**HAMILTON, ON** – The Medical Officer of Health for the City of Hamilton has initiated a Heat Warning beginning on **August 6, 2022**. Heat Warnings stay in effect until they are cancelled or escalated to an Extended Heat Warning.

**A two day heat event is expected Saturday and Sunday. Maximum temperatures are expected to be in the high twenties or low thirties with minimum temperatures in the low twenties, bringing little relief from the heat. Humidex values are expected to reach the high thirties or low forties.**

**Cooler temperatures are expected on Monday.**

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](http://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](http://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](http://www.hamilton.ca/heat).

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

City of Hamilton Indoor and Outdoor Pool Locations and Schedules  
[www.hamilton.ca/recreation](http://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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