



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

For Immediate Release

(Pembroke, Ontario, June 21, 2025)

Environment Canada has issued a heat warning for all of Renfrew County and District. A significant heat event with dangerously hot and humid conditions will begin Sunday afternoon and is expected to continue until at least Tuesday. Daytime maximum temperatures are expected to be between 31 and 36 degrees Celsius with humidex values of 40 to 45. There will be little relief at night as minimum temperatures are expected to be between 21 to 25 degrees Celsius.

It is important to take steps to prevent heat-related illness during this heat event. Extreme heat can put everyone at risk from heat related illness, however, older adults, infants and young children, people with chronic health conditions, those who work or exercise in the heat, people experiencing homelessness, and people without access to air conditioning are at greatest risk.

Renfrew County and District Health Unit recommends taking the following actions to 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.
- Do not leave your pets or children in a parked vehicle or in direct sunlight.
- Plan outdoor activities for cooler parts of the day.
- Check in with neighbours and family members who may be at higher risk of heat related illness or who live alone, to ensure they are comfortable and well-hydrated.

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 during extreme heat, immediately move to a cool place and drink liquids. Water is best. If you don't feel better soon, seek medical help immediately.

For additional tips on how to stay safe and what to do during an extreme heat-related event please visit [Emergency Preparedness | Renfrew County and District Health Unit \(rcdhu.com\)](https://www.rcdhu.com/emergency-preparedness). For more information visit www.rcdhu.com or call 613-732-3629 or 1-800-267-1097.

-30 -

Renfrew County and District Health Unit
media@rcdhu.com
Fax: 613-735-3067
www.rcdhu.com