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Notice to Residents Extreme Heat Event

Arnprior 29/06/2018 – Environment Canada has issued a special weather statement for Renfrew County due to an extreme heat event for the Canada Day long weekend.

Beginning Saturday and continuing through the Canada Day long weekend, daytime highs are expected to reach the low to mid-thirties with humidex values into the mid-forties. Overnight low temperatures will only fall to the low twenties, providing little or no relief from the heat. Current indications suggest the heat could persist into the middle of next week.

Extreme heat events involve high temperatures and sometimes high-humidity. Although the level of temperature extremes may vary between regions, unusually high heat can have negative impacts on your health. Subsequently, the Town of Arnprior would like to remind residents to be extra diligent during these extreme weather conditions and take every reasonable precaution to protect themselves and their loved ones from the potentially harmful effects of exposure to extreme heat.

While extreme heat can put everyone at risk from heat illnesses, health risks are greatest for:

- older adults
- infants and young children
- people with chronic illnesses (like breathing problems, mental illness, and heart problems)
- people who work in the heat
- people who exercise in the heat

Remember, heat illnesses are preventable, but they can lead to long-term health problems or even death. The most dangerous heat illness is heat stroke. If caring for someone with heat stroke symptoms, such as complete or partial loss of consciousness, confusion and high body temperature, call 911 immediately. While waiting for help, cool the person by moving them to a cool place, applying cold water to large areas of the skin or clothing and fanning the person as much as possible.

During extreme heat, the most important thing is to keep cool and hydrated. Here are some safety tips to consider.

Step 1 - Prepare for the heat

- Monitor weather conditions - https://weather.gc.ca/canada_e.html
- Keep in touch with family members and friends susceptible to extreme heat
- Find ways to keep cool before the hot weather starts.
- Have cool drinks in your vehicle and keep your gas tank topped up.

Step 2 - Pay close attention to how you - and those around you - feel

- Watch for symptoms of heat illness, which include dizziness or fainting, nausea or vomiting, headache, rapid breathing and heartbeat, extreme thirst (dry mouth or sticky saliva), decreased urination, changes of behaviour in children (like sleepiness or temper tantrums)

Step 3 - Stay hydrated

- Drink plenty of cool liquids (especially water) before you feel thirsty to decrease your risk of dehydration.

Step 4 - Stay cool

- Dress for the weather
- Take a break from the heat
- Keep your home cool
- Block the sun by closing awnings, curtains or blinds during the day.

If your home is extremely hot

- Take cool showers or baths until you feel refreshed.
- Use a fan to help you stay cool and aim the airflow in your direction.
- Spend a few hours in a cool place. It could be a tree-shaded area, swimming facility or an air-conditioned spot like a shopping mall, grocery store, library or other public facility.

Step 5 - Avoid exposure to extreme heat when outdoors

- Never leave people or pets inside a parked vehicle or in direct sunlight.
- Reschedule or plan outdoor activities during cooler parts of the day.
- Avoid sun exposure. Find or bring shade when possible.
- Wear sunglasses that have UVA and UVB protection.
- Use a sunscreen with sun protection factor (SPF) 15 or higher and follow the manufacturer's directions. Do not use sunscreen on a child less than 6 months old.

Remember your Pets

- Keep them cool and hydrated.
- Never leave them inside a vehicle. In this heat, they are safer at home.

Please visit the following website for more detailed information on how you and your loved ones can stay healthy and safe.

<https://www.canada.ca/en/health-canada/services/environmental-workplace-health/reports-publications/climate-change-health/way-protect-yourself-extreme-heat-2011-health-canada-brochure.html>

The Town of Arnprior wants you to enjoy your Canada Day Weekend! As a courtesy to residents wishing to find relief from the heat, the following Town facilities and amenities will be accessible:

Nick Smith Centre

Amenities	Saturday (June 30th)	Sunday (July 1st)	Monday (July 2nd)
Community Hall – Cooling Station	N/A	9:00 am – 5:00 pm	9:00 am – 5:00 pm
Family Free Skate	N/A	12:00 pm – 3:00 pm	N/A
Public Swim	2:00 pm – 2:50 pm	N/A	2:00 pm – 2:50 pm 6:30 pm – 7:20 pm
Family Swim	3:00 pm – 3:50 pm	N/A	N/A

***Water will be made available at the Nick Smith Centre filling station (main lobby – please bring your own water bottle to fill) and in the Community Hall during the specified times listed above.**

Arnprior & District Museum

Saturday (June 30th)	Sunday (July 1st)	Monday (July 2nd)
11:00 am – 4:00 pm	9:00 am – 4:00 pm	Closed

***Water will be available at the Museum during the specified times listed above.**

Robert Simpson Park

Amenities	Saturday (June 30th)	Sunday (July 1st)	Monday (July 2nd)
Beach Guarded Hours	12:00 pm – 6:00 pm	12:00 pm – 6:00 pm	12:00 pm – 6:00 pm
Splash Pad	Open	Open	Open

***Canada Day Celebrations will take place on Sunday July 1st, and water will be available at the Town Booth in Robert Simpson Park during the festivities.**

Arnprior Public Library

Saturday (June 30th)	Sunday (July 1st)	Monday (July 2nd)
10:00 am – 5:00 pm	12:00 pm – 5:00 pm	12:00 pm – 5:00 pm