

Important Sources of Information:

Heat Related Health Concerns:

- www.healthunit.com/extreme-heat
- www.ontario.ca/page/managing-heat-stress-work
- www.airqualityontario.com
- www.canada.ca/en/health-canada/services/climate-change-health/extreme-heat/how-protect-yourself.html

Weather Information:

- www.weather.gc.ca
- www.theweathernetwork.com/en

Pets in Hot Weather

- www.ontariospca.ca/blog/how-to-assist-emergency-responders-with-pets-in-cars/

Emergency Preparedness Tips:

- www.getprepared.gc.ca
- www.ontario.ca/page/be-prepared-emergency

For information on the heat alert and the location of cooling centres, please call 211 in any community emergency.



What is a Cooling Centre?

A **Cooling Centre** is a place to cool down on hot days. Community facilities like pools, splash pads, arenas, and community centres run by the municipality may have extended hours or added services as needed. **For Middlesex County Library hours, visit:** www.library.middlesex.ca/locations

A **designated Cooling Centre** may be opened by a municipality during an Extreme Heat Warning or power outage. These facilities typically offer water, device charging, and access to news and emergency information. They usually operate during business hours (not overnight) and are staffed by municipal employees, sometimes with volunteer support from CERV Middlesex and The Salvation Army.

County Social Services are available to offer support to you, or someone you know or suspect is living unsheltered or precariously housed in the Middlesex County community.

For more information, visit:
www.middlesex.ca/socialservices

Middlesex County

399 Ridout St. N, London, ON N6A 2P1

☎ 519-434-7321 F: 519-434-0638

🌐 www.middlesex.ca

To book a one hour presentation on Emergency Preparedness for your group, club, workplace, or congregation, Contact Bettina Weber, Community Emergency Management Coordinator (CEMC)

☎ 519-319-4906

✉ bweber@middlesex.ca

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HOW TO HELP YOURSELF DURING EXTREME HEAT EVENTS



The number of extreme heat warnings in Middlesex County has been increasing in recent years. We hope this brochure will be a guide for actions you can take to stay cool and be safe during high temperatures. Please keep this brochure as a handy reference.

Extreme Heat Events

Each summer, Middlesex County experiences periods of extreme heat. The Middlesex-London Health Unit issues the following Heat Warnings when one or more of the criteria are met:

Heat Warning:

- Environment & Climate Change Canada issues a forecast calling for a daytime high of 31C or higher and a forecast low of 20C or higher for two consecutive days, or;
- Environment & Climate Change Canada issues a forecast calling for a Humidex of 40 or higher for two consecutive days, or;
- Environment & Climate Change Canada forecasters anticipate that actual temperatures and humidex values in London and Middlesex County will reach the thresholds noted above.

Extended Heat Warning:

- Environment & Climate Change Canada issues a forecast calling for a daytime high of 31C or higher and a forecast low of 20C or higher for three consecutive days or longer, or;
- Environment & Climate Change Canada issues a forecast calling for a Humidex of 40 or higher for three consecutive days or longer, or;
- Environment & Climate Change Canada forecasters anticipate that actual temperatures and humidex values in London and Middlesex County will reach the thresholds noted above.



Protect Yourself

Prepare for the Heat:

- Tune in to local weather forecasts and alerts so you know when to take extra care.
- Find ways to keep cool before the hot weather starts. If you have an air conditioner, make sure it works properly. Find an air-conditioned public space close by where you can cool off for a few hours on very hot days. Have water in your vehicle and keep your tank filled or car charged in case you need to get to somewhere cool quickly.

Monitor Yourself and Those Around You:

Watch for symptoms of heat exhaustion, which include:

- Headache
- Nausea or vomiting
- Dizziness or fainting
- Rapid breathing and heartbeat
- Extreme thirst (dry mouth or sticky saliva)
- Decreased urination with unusually dark yellow urine
- Changes of behaviour in children, such as seepiness or temper tantrums

If you have any of these symptoms during extreme heat, move to a cool place and drink liquids right away — water is best.

Heat Stroke is a Medical Emergency

Signs and symptoms of heat stroke may include:

- High body temperature
- Confusion and lack of coordination
- Dizziness or fainting
- Very hot or red skin

If you or anyone in your care experiences any of these signs or symptoms, call 911 immediately.

While waiting for help, cool the person down right away:

- Fan them as much as possible
- Move them to a cool place, if you can
- Apply cold water to large areas of their skin or clothing

Stay Hydrated & Cool

- Drink plenty of liquids (especially water) before you feel thirsty to decrease your risk of dehydration. Avoid alcohol and caffeine, which are dehydrating
- Dress for the weather; wear loose, light-coloured clothing and a wide-brimmed hat. Ensure your sunglasses provide protection against both UVA & UVB rays
- If you must do physical activity in extreme heat, take extra breaks, drink lots of water and remove gear to let your body cool off
- Don't expect your usual performance in hot weather. Give your body time to recover after being in the heat

Avoid exposure to extreme heat 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; if possible, postpone strenuous outdoor activities for cooler days.

Keep your home cool:

- Make meals that don't need to be cooked in an oven, and block the sun by closing the awnings, curtains or blinds during the day. If possible, open your windows at night to let cooler air into your home.
- If you have an air conditioner, be sure to turn it on before it gets hot. If you are using a window air conditioner, cool only one room where you can go for heat relief.
- Take cool showers or baths until you feel refreshed
- Check on those more vulnerable to heat stress, such as people with disabilities.