



Public Service Announcement

July 5, 2016

FOR IMMEDIATE RELEASE

Heat Warning Issued for Whitchurch-Stouffville

Whitchurch-Stouffville, ON – Environment Canada has issued a heat warning for York Region, including Whitchurch-Stouffville. York Region Public Health advises the public to take extra precautions to stay safe in the heat.

Everyone is at risk from extreme heat, especially older adults, infants and young children, people who work or exercise outdoors and those with certain medical conditions. The Town of Whitchurch-Stouffville is encouraging residents to check on family, friends and neighbours who may be isolated or more vulnerable to the heat.

Residents and visitors can cool down at Town pools, splash pads, wading pools, and designated cooling locations during extreme heat conditions. The cooling locations in Whitchurch-Stouffville are:

- The Stouffville Clippers Sports Complex, 120 Weldon Road, Stouffville.
- Municipal Offices (Town Hall), 111 Sandiford Drive, Stouffville.
- The Whitchurch-Stouffville Leisure Centre and Public Library, 2 Park Drive, Stouffville
- The Whitchurch-Stouffville Museum and Community Centre, 14732 Woodbine Avenue, Gormley (Vandorf)

The following community parks have splash pads or wading pools:

- Sunnyridge Neighbourhood Park, Sunny Ridge and Hoover Park Dr.
- Madori Neighbourhood Park, Millard St. and Winlane Dr.
- Wheler's Neighbourhood Park, Hoover Park Dr. and Mostar St.
- Byer's Pond Park, Byer's Pond Way and Hoover Park Dr.

- Greenwood Parkette, Greenwood Rd. and Alderwood St.

Extreme heat can cause dehydration, heat exhaustion, heat stroke and even death. Warning signs of heat-related illness include dizziness, headache, nausea or vomiting, weakness and confusion. If you experience any of these symptoms, seek immediate medical attention.

Find Ways to stay cool

- Stay indoors in cool, well-ventilated areas
- Wear loose-fitting, light-coloured clothing made of breathable fabric
- If you do not have air conditioning in your home, go to places that do, including shopping malls, local libraries, public pools and community centres
- When using fans, keep a window or door open to bring in cooler air from outside
- Increase your fluid intake regardless of your activity level
- Drink plenty of water before feeling thirsty

Reduce physical activity, especially in the full sun

- Reschedule or plan outdoor activities during cooler parts of the day
- Reduce sun exposure between 11 a.m. and 4 p.m. and when the UV Index is reported to reach three (moderate) or higher
- If you must be outdoors in the heat, rest frequently to allow your body temperature to cool down
- Avoid sun exposure by wearing a wide-brimmed, breathable hat or use an umbrella
- Wear sunscreen with SPF of 30 or higher

High air pollution and UV index levels often occur during hot weather conditions. People with breathing and heart problems, and parents and caregivers of children, should pay attention to the hourly Air Quality Health Index available at airqualityontario.com.

Check the UV index forecast daily at theweathernetwork.com, weather.gc.ca or in the local media.

Should the heat warning continue into Thursday, an extended heat warning may be issued.

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