



Beat the Heat

When both temperature and humidity are high, it can be hard for our bodies to keep cool and not overheat. Extreme heat events can cause heat-related illnesses and in some cases, even death. Environment and Climate Change Canada issues heat warnings for Ottawa based on a forecast of:

- Daytime temperature of 31°C or higher and nighttime temperature not cooler than 20°C for at least two days, or a Humidex of 40 for at least two days.



Get the WeatherCAN app to get direct notification of heat and other extreme weather warnings to your phone. [Download it now!](#)



Heat warnings mean extra precautions need to be taken by everyone. People at even higher risk of getting sick from the heat include infants and older adults; pregnant people; those who work or exercise outdoors; those with pre-existing health conditions; people experiencing homelessness; and people without access to air conditioning. It is important to think ahead and plan for ways to stay cool and keep in touch with others who may have difficulty staying cool, especially during a heat warning.

Please check the City of Ottawa's website for opening dates, locations and hours of service of on [Ottawa.ca](#) and [Ottawa.ca/news](#) for the following public facilities:

- [Splash pads, wading pools, beaches, outdoor and indoor swimming pools.](#)
- [Parks and green spaces](#)
- [Ottawa Public Library current branch services](#)
- [Community centres](#)

Protect Yourself and Help Others During Hot Weather

- **Drink plenty of water** and avoid alcohol and caffeine.
- **Avoid heavy outdoor activity.**
- **Wear a hat, light and loose-fitting clothing**, sunscreen, and sunglasses when outside.
- **Bring a parasol or an umbrella and water** when leaving home in case you need to wait outdoors in the heat, such as waiting in a lineup.
- **Cool off in an air-conditioned space** when available including libraries, malls, museums, and movie theatres.

05/2023

- **Cool off in the shade** or at a park or green space.
- **Use a fan** and mist your skin with water.
- **Take cool baths and showers** as often as needed or soak hands or feet in cool water.
- **Breastfeed according to your child's cues** and drink plenty of water if you are breastfeeding. See our Parenting in Ottawa website for more info on [keeping children safe during hot weather](#).
- **Keep your home cool** by closing blinds and curtains on any windows facing the sun.
- **Open windows at night** once the outdoor air is cooler than the indoor air; close windows in the morning before hotter air comes in.
- **Use fans at night** to help exhaust warm indoor air and/or bring in cool outdoor air.
- **Talk to your doctor, nurse, or pharmacist if you are taking medications** as some can make it harder to control body temperature.
- **Stay connected with people in your community who may have a difficult time coping with hot weather and those who live alone.** Check on them regularly.
- For people wearing a mask and undertaking physical exertion in heat, a mask can make the effort more difficult. Decreasing intensity and volume of work, more frequent rests, and more cooling breaks may be necessary. Discuss your health needs with your employer if your work demands will expose you to the heat.

For more information visit our website at [OttawaPublicHealth.ca](https://ottawapublichealth.ca) or call us weekdays at 613-580-6744.

