

Heat Warning

Heat warning issued for the following area(s):

Blind River - Thessalon
Elliot Lake - Ranger Lake
Sault Ste. Marie - St. Joseph Island
Searchmont - Montreal River Harbour - Batchawana Bay

Special Weather Statement for heat has been issued by Environment Canada for **the above locations for a heat event that is expected to begin Sunday afternoon.**

Daytime highs of 30 to 32 degrees Celsius. Humidex values reaching 40 are expected.

Overnight lows of 18 to 21 degrees Celsius, providing little relief from the heat.

IMPORTANT!

Heat Warnings for additional geographical areas within Algoma may be issued by ECCC in the coming hours or days; please continue to monitor the weather in your area for additional Heat Warning

Immediate Safety Tips

Stay Cool

- **Stay indoors** in the coolest part of your house — basements or shaded rooms.
- If you don't have AC, use:
 - **Fans** (but note: fans don't cool air, they move it—if it's >35°C, fans can do more harm than good).
 - **Cool baths/showers** several times a day.
 - Wet cloths on neck, wrists, or ankles.
- **Block out heat:** Close blinds/curtains during the day and open windows at night when it's cooler.

Stay Hydrated

- Drink water frequently, **even if you're not thirsty.**
- Avoid alcohol, caffeine, and high-sugar drinks — they dehydrate you.
- Include **electrolytes** if sweating heavily (e.g., sports drinks, salty snacks).

Eat Smart

- Eat smaller, cold meals.
 - Avoid using the oven or stove.
-

Prep Your Home (Especially If No A/C)

- Use **cross-ventilation** by opening windows on opposite sides of your home.
 - Hang **damp sheets** in front of open windows — this cools the air as it comes in.
 - Use **reflective window coverings** or cardboard covered in aluminum foil.
 - If you can, install a **portable air conditioner**, especially in one room as a cooling center.
-

Protect Vulnerable People

- Children, elderly, those with heart/lung conditions are at **high risk**.
 - Check in on elderly neighbors or relatives **twice daily**.
 - Never leave anyone (or pets) in a **parked vehicle** — even for a minute.
-

Protect Pets and Livestock

- Ensure animals have **shade, water, and ventilation**.
 - Don't walk dogs on hot pavement — it can burn their paws.
 - Provide **cool water baths** for dogs or **sprinklers** for livestock.
-

If You Must Go Outside

- Limit outdoor work or chores to **early morning or late evening**.
 - Wear light-colored, loose-fitting clothing, a wide-brim hat, and sunscreen.
 - Take frequent breaks in the shade.
 - Carry water.
-

Know the Signs of Heat Illness

Heat Exhaustion

- Dizziness, nausea, weakness
- Heavy sweating
- Cool, clammy skin

What to do: Rest in a cool place, hydrate, apply cool compresses.

Heat Stroke (Emergency)

- High body temp (40°C+)
- Confusion, unconsciousness
- Hot, dry skin (or profuse sweating)
- Rapid pulse

What to do: Call 911 immediately, move to shade/cool area, apply ice packs or cool water.

In Case of Power Outage

- Have a **cooling kit** ready: battery-powered fan, ice packs, water, electrolyte mix.
- Charge devices and backup batteries in advance.

- Keep fridge/freezer closed to preserve food.
-

Emergency Info

- **911** in case of life-threatening illness.
- Follow **local health unit alerts**