

FOR IMMEDIATE RELEASE

Residents Urged to Protect Against Heat-Related Illnesses This Week

Yellow Heat Warning Issued for Haliburton, Kawartha Lakes, Northumberland and Peterborough

(July 13, 2026) – [Lakelands Public Health](https://www.lakelandsph.ca) is urging residents of the region to take precautions to protect against heat-related illnesses. [Environment and Climate Change Canada](https://www.ec.gc.ca/ccc/ccn/) has issued a [Yellow Heat Warning](https://www.ec.gc.ca/ccc/ccn/) for the entire region of Haliburton, Kawartha, Northumberland and Peterborough counties, beginning on Monday, July 13 through Thursday, July 16.

Currently daytime highs are forecasted to reach up to 37° C, with a humidex of 38 to 45. Overnight lows are expected to remain above 20-24°C, providing little relief from the heat. The heat event is expected to end Thursday, July 16.

Heat-related illnesses include dehydration, heat cramps, heat exhaustion, and heat stroke. These illnesses can be very dangerous, especially to those most vulnerable to health risks, including the elderly, some people with disabilities or chronic diseases, people who are pregnant, and children and infants. Risk can also be higher for people who work outdoors, people who are unhoused, and those who take medications that affect thermoregulation.

It is important to monitor yourself and those around you for signs of heat-related illness and seek medical attention if required. Symptoms of heat exhaustion include:

- tiredness and weakness
- dizziness
- rash
- nausea or vomiting
- headache
- extreme thirst
- decreased urination with unusually dark yellow urine

If you experience any of these, you should immediately move to a cool place and drink water.

Heat stroke is a medical emergency. If you or someone you are caring for someone has signs of heat stroke, **call 9-1-1 immediately.** Symptoms of heat stroke include:

- body temperature over 39°C (102°F)
- hot, red skin that may feel dry
- throbbing headache
- dizziness/fainting or passing out
- severe nausea or vomiting
- trouble speaking clearly
- unusual coordination
- fast breathing or faint, fast heartbeat
- confusion or disorientation
- very little dark urine

To help reduce your risk of heat-related illnesses:

- Stay hydrated; drink lots of water even if you don't feel thirsty.
- Avoid going out during the hottest time of the day and avoid direct sun.
- Wearing loose-fitting, light-coloured clothing.
- Avoid strenuous outdoor physical activity.
- Keep your home cooler by:
 - Closing blinds and curtains
 - Turning off heat-generating lights or appliances
 - Preparing meals that don't use your oven
- Never leave people or pets inside a parked vehicle or in direct sunlight.
- Pay attention to how you feel and [check-in with friends, family, and neighbours](#) – especially those who live alone.
- Contact your local municipality to ask about designated public cooling centres or visit public spaces such as libraries or community centres that are air conditioned, or local beaches and splash pads.

Extreme heat events have been increasing in frequency and severity, due to climate change, and residents in our region may experience more health risks associated with extreme heat, as shared in the 2023 Climate Change and Vulnerability Health Assessments previously conducted in both the former [HKPR District Health Unit](#) and [Peterborough Public Health](#) regions.

Extreme heat can be dangerous. Knowing how to prepare and keep cool will help you stay safe and healthy. Find more information, tips, resources and active local heat alerts at LakelandsPH.ca/Heat.

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About Lakelands Public Health

Lakelands Public Health is the public health agency that is proud to serve Alderville, Curve Lake and Hiawatha First Nations, the Urban Indigenous Community, the Counties of Haliburton, Northumberland, City of Kawartha Lakes and Peterborough City and County. It is through our relationships and valued partnerships that Lakelands Public Health strives to protect health, prevent illness, injury, all while promoting overall well-being for all who live, work and learn in the region.

Established through the voluntary merger of the Haliburton, Kawartha, Pine Ridge District Health Unit and Peterborough Public Health, Lakelands Public Health combines local knowledge, public health expertise, and a strong community focus to deliver programs and services that respond to local needs. These include infectious disease prevention and control, healthy living initiatives, environmental health, school and family health programs, and emergency preparedness. For more information, visit LakelandsPH.ca.