

STAY COOL

WINDSOR-ESSEX

Extremely hot weather and humidity can be very dangerous. Check the heat levels regularly and follow these steps to “Stay Cool” this summer.



Drink plenty of water.



Go to an air conditioned place. **Call 211** or visit **StayCoolWindsor-Essex.com** for places to go.



Wear a hat and lightweight loose-fitting clothing.



Take a cool bath or shower.



Limit outdoor activities to the coolest parts of the day.



Check on your neighbours and family.



Never leave children or pets alone in closed vehicles.



If you feel ill, faint, have difficulty breathing or feel disoriented, visit your doctor or nearest hospital right away. **In an emergency, call 911.**

HEAT LEVELS



Monitoring

The Windsor-Essex County Health Unit (WECHU) is monitoring the Humidex forecast for extreme heat events. The **Humidex** is a combination of temperature (°C) and humidity (%) to reflect perceived temperature.



Level 1

One or more days reaching **Humidex 40**



Level 2

Four or more days reaching **Humidex 40**

One or more days reaching **Humidex 45**

Four or more nights above **Humidex 28**



Level 3

A heat emergency is issued in response to a severe or prolonged emergency, such as power outages or water shortages.

Call 211 or visit StayCoolWindsor-Essex.com

to find the closest public library, pool, splash pad or community centre near you.

