

For immediate release

Thursday, August 12, 2010

# Level 1 Heat Alert issued for KFL&A area this weekend

**Kingston**—With hot, humid weather forecast for the Sunday and Monday few days in the KFL&A area, KFL&A Public Health is issuing a Level 1 Heat Warning. A Level 1 Heat Alert is issued when temperatures or humidex are forecast to be 36°C for two or more consecutive days. Depending on changes to the forecast for the next few days, the Level 1 Heat Alert may be elevated to a Level 2 Heat Warning or lifted. KFL&A Public Health has adopted a series of extreme heat thresholds designed to advise the public, health professionals, and community service providers on appropriate measures they can take to reduce the health effects of hot, humid, and smoggy weather. These advisories, outlined below, comprise Level 1 Heat Alert, Level 2 Heat Warning, and Level 3 Heat Emergency.

“Warm summer temperatures put stress on the body’s ability to stay cool,” said Dr. Ian Gemmill, Medical Officer of Health at KFL&A Public Health. “Perspiration increases to help to maintain constant body temperature. This process results in a loss of body fluids, which can lead to dehydration over a long period if fluid is not replaced. Furthermore, high humidity reduces the effectiveness of cooling through perspiration and increases the risk of becoming overheated. These two factors combined with the heat of the sun can lead to health consequences, unless proper precautions are taken.”

A Level 1 Heat Alert reminds residents to avoid physical exertion during the heat of the day, to drink plenty of fluids, and to recognize the symptoms of heat exhaustion (see attached “SUMMER PHYSICAL ACTIVITY & HEAT SAFETY TIPS” Health Info Sheet).

“KFL&A Public Health monitors forecasted weather conditions as provided by Environment Canada and Air Quality Ontario,” said Adrienne Hansen-Taugher, Emergency Planning Coordinator with KFL&A Public Health. “We issue heat advisories when we recognize the likely potential that a heat threshold will be reached within the next 24 to 48 hours, activating the extreme heat response plan.” Through the City of Kingston’s Extreme Heat Response Plan, a Level 1 Heat Alert reminds residents to seek relief from the hot, humid weather in a number of air conditioned public places and establishments, operating under normal business hours, including:

## Public libraries

For individual branch hours, see Kingston Frontenac Public Library website [www.kfpl.ca](http://www.kfpl.ca) or Lennox & Addington County Branch Libraries website [www.lennox-addington.on.ca](http://www.lennox-addington.on.ca) :

- Amherstview—322 Amherst Drive, Amherstview
- Calvin Park—88 Wright Crescent, Kingston
- Cloyne—1011 Little Pond Road
- Central—130 Johnson Street, Kingston
- Isabel Turner—935 Gardiners Road, Kingston
- Kingscourt—115 Kirkpatrick Street, Kingston
- Mountain Grove—1455 Mountain Grove Road,
- Napanee—25 River Road, Napanee
- Parham—1021 Long Lake Road, Parham
- Pittsburgh—80 Gore Road, Kingston
- Sharbot Lake—1037 Robert Street, Sharbot Lake
- South Fredericksburgh—2478 Country Road #8
- Sydenham—4432 George Street, Sydenham
- Tamworth—1 Ottawa Street, Tamworth
- Wolfe Island—10 Hwy. 95, Wolfe Island

### **Swimming pools, Wading pools and Splash Pools**

Price of admission for public swimming pools differs from location to location. Please contact pools directly for specific admission fees:

- Artillery Park Aquatic Centre—76 Ordnance Street, Kingston (613) 546 7998  
All week from 2-4 p.m.
- Greater Napanee Indoor Pool – 113 Richmond Blvd. (613) 354 7964  
Monday 12:00 – 1:00 pm, 5:30 – 6:30 pm, Tuesday 12:00 – 1:00 pm, Wednesday 12:00 – 1:00 pm, 5:30 – 6:30 pm, Thursday 12:00 – 1:00 pm, Friday 12:00 – 1:00 pm, 5:30 – 6:30 pm,

### **City of Kingston Wading Pools**

Open, weather permitting, through August 31, 2010:

- McBurney Park Wading Pool  
167 Ordnance Street, Kingston  
11:00 a.m. – 4:00 p.m.
- Victoria Park Wading Pool  
487 Brock Street  
11:00 a.m. – 7:30 p.m.

### **City of Kingston Splash Pads**

Open, weather permitting, through September 6, 2010.

- Shannon Park Splash Pad  
199 Wilson Street  
9:00 a.m. – dusk
- City Park Splash Pad  
33 Bagot Street  
9:00 a.m. – dusk
- Ronald Lavallee Park Splash Pad  
53 Fourth Avenue  
9:00 a.m. – dusk

### **Shopping malls**

Hours of operation for shopping malls differ from location to location. Please contact malls directly for specific hours of operation:

- Cataraqui Town Centre—945 Gardiners Road,
- Kingston Frontenac Mall—1300 Bath Road, Kingston
- Napanee Mall—450 Centre Street, Napanee

Heat related illnesses such as dehydration, heat cramps, heat exhaustion, and heat stroke are preventable. Most healthy people can tolerate a short period of hot and humid weather as long as they stay cool and drink plenty of fluids. Those at highest risk of health consequences from a heat related illness include the elderly, infants (less than 1 year old), those who have chronic physical and mental illnesses, and those on certain medications.

KFL&A Public Health issues a Level 1, 2, or 3 Heat Advisory when a hot or humid air mass is forecast and a likelihood of weather health effects may occur. The issuance of a Heat Advisory activates various levels of action from the City of Kingston's Extreme Heat Response Plan.