

**From:** [HPI Extreme Heat and Cold](#)  
**To:** [HPI Extreme Heat and Cold](#)  
**Subject:** Extreme Cold Warning for Waterloo Region  
**Date:** January 16, 2024 11:19:44 AM

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Hello Waterloo Region Extreme Heat and Cold Partnership,

**Environment and Climate Change Canada (ECC) has issued an Extreme Cold Warning for Waterloo Region.**

Please see below for details and share with your networks as needed.

Thank you for your work on this initiative,  
Region of Waterloo Public Health

<b>NOTICE: Environment and Climate Change Canada (ECC) has issued an EXTREME COLD WARNING FOR WATERLOO REGION</b>
<b>Weather Details from Environment and Climate Change Canada (ECCC)</b> <ul style="list-style-type: none"><li>• Extreme cold conditions are expected for tonight and into Wednesday morning.</li><li>• Wind chill values are expected near minus 30.</li><li>• Monitor ECCC weather alerts: <a href="https://weather.gc.ca/warnings/index_e.html">https://weather.gc.ca/warnings/index_e.html</a></li><li>• To receive ECCC weather alerts directly, go to <a href="https://ecalertme.weather.gc.ca/">https://ecalertme.weather.gc.ca/</a></li></ul>
<b>Extreme Cold Health Messaging</b> <ul style="list-style-type: none"><li>• Extreme cold puts everyone at risk, but some groups are more susceptible than others (including children, the elderly, individuals with circulation problems, and people experiencing homelessness).</li><li>• Dress warmly and stay dry. Dress in layers with a wind resistant outer layer. Wear a hat, mittens or insulated gloves.</li><li>• Be aware. Frostbite can develop within minutes on exposed skin, especially with wind chill. Your body's extremities, such as the ears, nose, fingers and toes lose heat the fastest.</li><li>• Watch for cold related symptoms: shortness of breath, chest pain, muscle pain and weakness, numbness and colour change in fingers and toes.</li><li>• If it's too cold for you to stay outside, it's too cold for your pet to stay outside.</li><li>• Plan ahead. Pack an emergency car kit with a blanket, booster cables, shovel, first aid supplies, boots, socks, flashlight, and batteries.</li></ul>
<b>Warming Centre Details</b> <ul style="list-style-type: none"><li>• Warming Centre locations and hours (including interactive map): <a href="http://www.regionofwaterloo.ca/coolingandwarmingcentres">www.regionofwaterloo.ca/coolingandwarmingcentres</a><ul style="list-style-type: none"><li>○ Select "Print" to save or print a PDF of the Warming Centre list</li></ul></li></ul>
<b>Other Community Supports</b> <ul style="list-style-type: none"><li>• The Housing Stability System in Waterloo Region (i.e., Street Outreach, Emergency</li></ul>

Shelters, and Supportive Housing) works to support people who are experiencing homelessness. The [Emergency Shelter & Transitional Housing](#) web page provides information about supports and services available throughout the community, including meal programs, Emergency Shelters, and Drop-in Programs. This page is updated regularly.

- Visit [alertwr.ca](http://alertwr.ca) for a list of personal preparedness tips and tools. If you live, work, or play in Waterloo Region, you are encouraged to sign up for personalized emergency notifications for up to date emergency information.

#### **Additional Region of Waterloo Public Health Resources**

- ROWPH Social Media Handle: [@ROWPublicHealth](#)
- Extreme Cold Webpage: [www.regionofwaterloo.ca/extremecold](http://www.regionofwaterloo.ca/extremecold)
- Extreme Cold Factsheet: [https://www.regionofwaterloo.ca/en/health-and-wellness/resources/Documents/EXTREME\\_COLD\\_WEATHER.pdf](https://www.regionofwaterloo.ca/en/health-and-wellness/resources/Documents/EXTREME_COLD_WEATHER.pdf)

#### **Waterloo Region Extreme Heat and Cold Partnership**

This notice was created and shared by the Waterloo Region Extreme Heat and Cold Partnership coordinated by Region of Waterloo Public Health. The goal of this partnership is to prevent heat related illness and cold-related injuries, and to improve resiliency to extreme heat and cold among residents of Waterloo Region. If your organization is interested in participating in this partnership, is interested in providing a Warming or Cooling Centre to the community, or you would like to receive these notices directly, please contact [ExtremeHeatCold@regionofwaterloo.ca](mailto:ExtremeHeatCold@regionofwaterloo.ca).

#### **Warming Centre Partners:**

- If you plan on offering additional services or extending hours of operation during this cold event, please contact [ExtremeHeatCold@regionofwaterloo.ca](mailto:ExtremeHeatCold@regionofwaterloo.ca)

#### **Community Service Partners :**

- If you plan on offering any additional services to support the community during this cold event, please contact [ExtremeHeatCold@regionofwaterloo.ca](mailto:ExtremeHeatCold@regionofwaterloo.ca)

Please share with your networks as needed.

To be removed from this distribution list, please email:

[ExtremeHeatCold@regionofwaterloo.ca](mailto:ExtremeHeatCold@regionofwaterloo.ca)

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