

From: [HPE Heat, Cold, Air Quality](#)
To: [HPE Heat, Cold, Air Quality](#)
Subject: Yellow Level Heat Warning for Waterloo Region - Continued
Date: May 19, 2026 9:48:16 AM

Hello Waterloo Region Heat, Cold and Air Quality Network,

Environment and Climate Change Canada (ECCC) has issued a Yellow Level Heat Warning for Waterloo Region.

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

NOTICE: Environment and Climate Change Canada (ECCC) has issued a YELLOW LEVEL HEAT WARNING FOR WATERLOO REGION
Weather Details from ECCC The first heat event of the season is expected to continue today and end tonight. Daytime highs will be near 30 degrees Celsius with humidex values near 36.
<u>ECCC Colour Code Details</u> Yellow <ul style="list-style-type: none">● Hazardous weather may cause damage, disruption, or health impacts● Impacts are moderate, localized, and/or short-term● Yellow alerts are the most common Orange <ul style="list-style-type: none">● Severe weather is likely to cause significant damage, disruption, or health impacts● Impacts are major, widespread, and/or may last a few days● Orange alerts are uncommon Red <ul style="list-style-type: none">● Very dangerous and possibly life-threatening weather, will cause extreme damage and disruption● Impacts are extensive, widespread, and prolonged● Red alerts are rare
Health Canada Heat Health Messaging <ul style="list-style-type: none">● Take action to protect yourself and others – extreme heat can affect everyone’s health. Determine if you or others around you are at greater risk of heat illness. Check on older adults, those living alone and other at-risk people in-person or on the phone multiple times a day.● Watch for the early signs of heat exhaustion in yourself and others. Signs may include headache, nausea, dizziness, thirst, dark urine and intense fatigue. Stop your activity and drink water.● Heat stroke is a medical emergency! Call 9-1-1 or your emergency health

provider if you, or someone around you, is showing signs of heat stroke which can include red and hot skin, dizziness, nausea, confusion and change in consciousness. While you wait for medical attention, try to cool the person by moving them to a cool place, removing extra clothing, applying cold water or ice packs around the body.

- Drink water often and before you feel thirsty to replace fluids.
- Close blinds, or shades and open windows if outside is cooler than inside.
- Turn on air conditioning, use a fan, or move to a cooler area of your living space. If your living space is hot, move to a cool public space such as a Cooling Space, shopping centre, or shaded park.
- Hot and humid air can also negatively impact air quality. Check the [Air Quality Health Index](#) to monitor local air quality regularly.

Community Supports

- **Cooling Spaces** provide temporary relief from extreme weather at public spaces across Waterloo Region of Waterloo
 - Locations, hours, interactive map, and print link: regionofwaterloo.ca/CoolingSpaces
 - Direct link to Warming Space PDF print options: <https://gis.regionofwaterloo.ca/WCCASpacesPDFs>.
- See the [Emergency Shelter & Transitional Housing](#) web page for 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 for a list of personal preparedness tips and tools. If you live, work, or play in Waterloo Region, you can sign up for personalized emergency notifications for up-to-date emergency information.

Waterloo Region Heat, Cold and Air Quality Network

- The Waterloo Region Heat, Cold and Air Quality Network is a collection of local partners that work together to improve the resilience of the community to the negative health effects of extreme weather. Focus areas include extreme heat, extreme cold, and poor air quality. If your organization is interested in participating in this network, in providing a Warming, Cooling and Clean Air Space to the community, or you would like to receive these notices directly, please contact HeatColdAirQuality@regionofwaterloo.ca.

Network Partners

- If you plan to offer any additional services to support the community during this heat event, please email HeatColdAirQuality@regionofwaterloo.ca. Public Health will share this information with the Network and public as relevant.
- Additional services could include free swims, extended pool hours, misting stations, water distribution, extending Cooling Space hours, et cetera.

Sign up for Customizable Weather Alerts from ECCC

- EC Alert Me email alerts: ecalertme.weather.gc.ca
- WeatherCAN mobile app with push notifications:
<https://www.canada.ca/en/environment-climate-change/services/weather-general-tools-resources/weathercan.html>

Helpful Resources

- Health Canada, [How to protect yourself from the health effects of extreme heat, Health risks and who is at risk of extreme heat events](#)
- National Collaborating Centre for Environmental Health, *Health Checks During Extreme Heat Events: A guide for doing in-person and remote health checks (available in 5 languages):* ncceh.ca/resources/evidence-reviews/health-checks-during-extreme-heat-events
- ROWPH Social Media:
 - X/Twitter: [@ROWPublicHealth](https://twitter.com/ROWPublicHealth)
 - Instagram: [@ROWPublicHealth](https://www.instagram.com/ROWPublicHealth)
 - Facebook: [facebook.com/ROWPublicHealth](https://www.facebook.com/ROWPublicHealth)
- ROWPH Extreme Heat Webpage: regionofwaterloo.ca/extremeheat
- Intact Centre on Climate Adaptation, *3 Steps to Cost-Effective Home Heat Protection* <https://www.intactcentreclimateadaptation.ca/climate-ready-infographics/#Extreme-heat>

If you no longer wish to receive these notices, please reply to this email indicating that you would like to be removed from our distribution list.

Health Protection and Healthy Environments

Region of Waterloo Public Health

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