From: HPE Heat, Cold & Air Quality
To: HPE Heat, Cold & Air Quality
Subject: Yellow Level Cold Warning for Waterloo Region
Date: January 26, 2026 1:50:25 PM

Hello Waterloo Region Heat, Cold and Air Quality Network,

Environment and Climate Change Canada (ECCC) has issued a Yellow Level Cold 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 COLD WARNING FOR WATERLOO REGION

Weather Details from Environment and Climate Change Canada (ECCC)

Yellow level warning - cold - issued for:
Kitchener - Cambridge - Region of Waterloo, Ont. (046430)

- **Impact Level:** Moderate
  Forecast Confidence: High
  Bitterly cold conditions expected late tonight into Tuesday morning.

  What:
  Wind chill values of minus 25 to minus 30.
  Brisk winds gusting up to 50 km/h.

  When:
  Tonight into Tuesday morning.

  Additional information:
  Bitterly cold conditions are expected tonight into Tuesday morning with wind chills near minus 25 to minus 30. Wind chill values will moderate through the day Tuesday but are still expected to be minus 15 to minus 20.

ECCC Colour Code Details

Yellow
- Hazardous weather may cause damage, disruption, or health impacts
- Impacts are moderate, localized, and/or short-term
- Yellow alerts are the most common

Orange
- 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
- Very dangerous and possibly life-threatening weather, will cause extreme damage and disruption

- Impacts are extensive, widespread, and prolonged
- Red alerts are rare

Extreme Cold Health Messaging

- 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).
- Dress warmly and stay dry. Dress in layers with a wind resistant outer layer. Wear a hat, mittens or insulated gloves.
- 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.
- Watch for cold related symptoms: shortness of breath, chest pain, muscle pain and weakness, numbness and colour change in fingers and toes.
- If it's too cold for you to stay outside, it's too cold for your pet to stay outside.
- Plan ahead. Pack an emergency car kit with a blanket, booster cables, shovel, first aid supplies, boots, socks, flashlight, and batteries.

Community Supports

- Warming Space locations and hours (including interactive map): regionofwaterloo.ca/WarmingSpaces
  - A printable PDF list of the Warming Space locations and hours is available on the Warming, Cooling and Clean Air Spaces webpage or directly via this link: https://gis.regionofwaterloo.ca/WCCASpacesPDFs. Lists can be downloaded and printed by city or township.
- 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 are encouraged to 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 (WRHCAN) 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, is interested 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 on offering any additional services to support the community during this heat event, please email HeatColdAirQuality@regionofwaterloo.ca and Public Health will share this information with the Network and public as

relevant. • Additional services could include distribution of warm clothing (hats, mittens, jackets) and/or warm beverages, extending Warming Space hours, et cetera.
Receive ECCC Alerts Directly • To receive **ECCC weather alerts** directly, go to ecalertme.weather.gc.ca or download the WeatherCAN app https://www.canada.ca/en/environment-climate-change/services/weather-general-tools-resources/weathercan.html

Helpful Resources
• ROWPH Social Media:
  ○ X/Twitter: @ROWPublicHealth
  ○ Instagram: @ROWPublicHealth
  ○ Facebook: facebook.com/ROWPublicHealth
• Extreme Cold Webpage: www.regionofwaterloo.ca/extremecold

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
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Email: HeatColdAirQuality@regionofwaterloo.ca

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