

From: [HPE Heat, Cold & Air Quality](#)
To: [HPE Heat, Cold & Air Quality](#)
Subject: Heat Warning for Waterloo Region
Date: June 23, 2025 9:11:47 AM

Hello Waterloo Region Heat, Cold and Air Quality Network,

Environment and Climate Change Canada (ECCC) has issued a Heat 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

**NOTICE: Environment and Climate Change Canada (ECCC) has issued a
HEAT WARNING FOR WATERLOO REGION**

Weather Details from ECCC

- The first significant heat event of the season was issued Saturday for heat beginning Sunday.
- Dangerously hot and humid conditions are expected to continue until Tuesday night.
- Daytime highs of 33 to 36 degrees Celsius.
Humidex values of 42 to 46.
Overnight lows of 22 to 25 degrees Celsius, providing little relief from the heat.
- 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>

Extreme Heat Health Messaging

- Extreme heat affects everyone.
- The risks are greater for young children, pregnant women, older adults, people with chronic illnesses and people working or exercising outdoors.
- Watch for the effects of heat illness: swelling, rash, cramps, fainting, heat exhaustion, heat stroke and the worsening of some health conditions.
- Reduce your heat risk. Schedule outdoor activities during the coolest parts of the day.
- Drink plenty of water even before you feel thirsty and stay in a cool place.
- [Check on](#) older family, friends and neighbours. Make sure they are cool and drinking water.
- Hot and humid air can also bring deteriorating air quality and can result in the [Air Quality Health Index](#) approaching the high-risk category.

Cooling Space Details

- Cooling Space locations and hours (including interactive map):
www.regionofwaterloo.ca/CoolingSpaces

Other Community Supports

- The Housing Stability System in Waterloo Region (i.e. Street Outreach, Emergency 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 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.

Helpful Resources

- National Collaborating Centre for Environmental Health, *Health Checks During Extreme Heat Events: A guide for doing in-person and remote health checks*:
nccceh.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
- ROWPH Extreme Heat Webpage: regionofwaterloo.ca/extremeheat
- ROWPH Heat and Humidity Factsheet: regionofwaterloo.ca/en/health-and-wellness/resources/Documents/Extreme_Heat.pdf

Waterloo Region Heat, Cold and Air Quality Network

This notice was created and shared by the Waterloo Region Heat, Cold and Air Quality Network (WRHCAN), coordinated by Region of Waterloo Public Health. The 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, in providing a Warming, Cooling and Clean Air Space to the community, or you would like to receive these notices directly, please contact ExtremeHeatCold@regionofwaterloo.ca.

Cooling Space Partners:

- If you plan on offering additional services or extending hours of operation during this heat event, please contact ExtremeHeatCold@regionofwaterloo.ca

Community Service Partners:

- If you plan on offering any additional services to support the community during this heat event, please contact ExtremeHeatCold@regionofwaterloo.ca

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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