



**Lambton Public Health**  
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## **NEWS RELEASE**

For Immediate Release

### **Extended Heat Warning issued for Lambton County**

Friday, July 11, 2025

**Point Edward, ON** – Following Environment and Climate Change Canada's issuance of a Heat Warning for Lambton County today, that is expected to last through to the evening of Wednesday, July 16, an Extended Heat Warning has been issued for Lambton County by the Medical Officer of Health, Dr. Karalyn Dueck.

Extended Heat Warnings are issued when a heat warning continues beyond two days.

This is also when vulnerable populations, including older adults, young children, people with chronic illnesses, pregnant individuals, people who work outdoors, and individuals who are underhoused or experiencing homelessness and are without access to air conditioning, are most at risk.

In high temperatures and humidity, your body may not be able to cool properly, which can lead to heat exhaustion or even heat stroke.

To protect yourself and those around you from heat related illnesses:

- Drink plenty of cool fluids, especially water;
- Reschedule or plan outdoor activities during cooler parts of the day;
- Wear loose-fitting, light-coloured clothing made of breathable fabric;
- Take a break by spending time in a cool place such as a community centre, shopping mall, or public library;
- Regularly check in on neighbours, friends, and older family members.

More information about extreme heat and your health, as well as a list of Cooling Centres available in Lambton County is available at [LambtonPublicHealth.ca](http://LambtonPublicHealth.ca) or by calling us at 519-383-8331 or toll-free at 1-800-667-1839.

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**Please contact:**

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