

Health Unit Media Release

For Immediate Release: Aug 3, 2007



Health Unit Lifts Heat Alert for Saturday

The Leeds, Grenville & Lanark District Health Unit is lifting the heat alert for the tri-county area effective Saturday, August 4. Weather conditions will continue to be monitored.

The public is still urged to be cautious as high heat and humidity have the potential to cause illness. If you experience nausea, dizziness, difficulty breathing, headaches or fever after exposure to extreme heat, seek medical attention immediately.

For more information or tips to stay cool, visit www.healthunit.org or call 1-800-660-5853.

For more information on how to protect your health during extreme heat visit the health unit website: http://www.healthunit.org/HeatExhaustion_HeatStroke.pdf

For specific health heat-related questions call the Health Action Line at: 1-800-660-5853 or 613-345-5685.

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