

Health Unit Media Release

For Immediate Release: July 9, 2010



Health Unit Lifts Heat Alert

The Leeds, Grenville & Lanark District Health Unit is lifting the Heat Alert for the tri-county area effective today. 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 on how to protect your health during extreme heat, visit the health unit website at www.healthunit.org or call 1-800-660-5853.

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