

# Health Unit Media Release

For Immediate Release: June 22, 2012



## Health Unit Lifts Heat Alert

The Leeds, Grenville & Lanark District Health Unit has lifted the Heat Alert for the tri-county area effective today. Temperatures will still be hot but it will be considerably less humid. The Health Unit will continue to monitor weather conditions.

***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. Continue to check our website for tips on how to keep cool.***

For more information on how to protect your health during extreme heat, visit [www.healthunit.org](http://www.healthunit.org) or like us on Facebook at [www.facebook.com/LGLHealthUnit](http://www.facebook.com/LGLHealthUnit) or call the Health ACTION Line at 1-800-660-5853.

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