

**Leeds, Grenville and Lanark  
District Health Unit  
Media Release**

For Immediate Release: July 31, 2015



**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 very warm but are below the required temperatures. The Health Unit will continue to monitor weather conditions.

For more information on how to protect your health during extreme heat, visit [www.healthunit.org](http://www.healthunit.org) or connect with us on Facebook or Twitter at LGLHealthunit. If you do not have access to the internet, call us on the Health ACTION Line at 1-800-660-5853 or after hours at 613-345-5685.

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