



Hello,

## Re: Extended Heat Warning

Environment and Climate Change Canada has extended the Heat Warning for the City of Ottawa due to persisting heat conditions.

Sign up for weather forecasts and alerts straight to your phone with WeatherCAN, Environment Canada's weather app. You will find out when a heat warning or other extreme weather is forecast for our region. [Download it now!](#)

For ways to stay cool and places to cool off, including an interactive map, please consult our hot weather resources on the [Extreme Heat and Humidity](#) web page. Feel free to share these resources with your clients and staff.

### Who to call for advice and support **when it is hot out:**

- **Call 2-1-1** for social services assistance information such as locations and to access information about day programs, meals, and how to access homeless shelters. Find out more about [shelters](#) in Ottawa.
- **Call 3-1-1** to get assistance for someone who needs transportation to a shelter to get out of the heat.
- **Call 8-1-1** Health Connect Ontario for **non-emergency** medical advice.
- **Call 9-1-1** for **medical emergency** such as heat stroke.
- Are you a parent? [Parenting in Ottawa](#) is the place to go!
- [City pools](#) convert to leisure swims, and all adult and specialty swims are cancelled. [City of Ottawa beaches](#) have multiple amenities and some of them are wheel-chair accessible.
- Are you an older adult? Do you live alone? [Seniors Without Walls](#) offers you the opportunity to connect with others and your community by conference call.
- The Distress Centre of Ottawa and Region provides [Wellness Check Services](#) – They connect with patients who were recently discharged from hospital or who visited the emergency department for a mental health concern. **Note:** Patients are offered this service when they have visited a participating hospital for mental health reasons. (*This service does not accept public registrations, please speak to your health care provider*).

If you have any questions or concerns, please reach out us at [OPH.HeatColdSmog@ottawa.ca](mailto:OPH.HeatColdSmog@ottawa.ca)