

## Heat Warning Alert Ended for the County of Haliburton, City of Kawartha Lakes and Northumberland County

**PORT HOPE (September 7, 2023)** — The [Haliburton, Kawartha, Pine Ridge \(HKPR\) District Health Unit](http://hkpr.on.ca) is advising that the Heat Warning Alert issued on September 5, 2023 for the County of Haliburton, City of Kawartha Lakes and Northumberland County have ended effective today as a result of [Environment Canada](http://environment.ca) ending its alert and forecasting conditions that no longer meet the heat warning criteria.

While the extreme heat warning has ended, the HKPR District Health Unit would like to remind people to continue taking precautions in hot weather to avoid heat-related illness. This includes drinking plenty of water to stay hydrated, keeping indoor spaces cool, avoiding direct sunlight and long periods in the heat whenever possible, and checking in on your friends, neighbours and family members to ensure they are staying cool and hydrated.

Extreme heat can be dangerous. Knowing how to prepare for the next heat warning can help you stay safe and healthy. Find more information, tips, resources and active local heat alerts at [www.hkpr.on.ca/Heat](http://www.hkpr.on.ca/Heat).

### Related Information:

- Media Alert: [Heat Warning Alert Issued for the County of Haliburton, City of Kawartha Lakes and Northumberland County \(September 5, 2023\)](#)

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### Media Contacts:

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### About the Haliburton, Kawartha Pine Ridge District Health Unit

The Haliburton, Kawartha, Pine Ridge District Health Unit provides important public health programs and services to residents in Northumberland County, Haliburton County, and the City of Kawartha Lakes. Our dedicated team of public health professionals, led by our Medical Officer of Health, promote healthy living, protect against disease, and prevent illness and injury. We work with health care providers and community partners to address emerging health issues, service gaps and social inequities to support residents in being well and reaching their full potential. Our values of trust, engagement, accountability, and leadership guide what we do every

