



PUBLIC NOTICE

HEAT WARNING IN EFFECT FOR THE NORTH OKANAGAN

Thursday, July 28, 2022 – 13:00 Hours
Spallumcheen, BC

HEAT WARNING IN EFFECT FOR NORTH OKANAGAN

The North Okanagan is currently under a Heat Warning with a heat wave impacting many parts of British Columbia this week.

Daytimes highs are projected to be between 35 to 40 degrees Celsius through to Sunday July 31 with a gradual cooling trend expected early next week. Current projections show a return to seasonal normal temperatures by Tuesday, August 2.

Many local places offer a cool environment to help beat the heat including coffee shops and stores as well as:

- Okanagan Regional Library – 250-546-8311
- Armstrong Spallumcheen Museum & Art Gallery – 250-546-8318
- Armstrong Seniors Activity Centre – 250-546-1118
- Nor-Val Sports Centre – 250-546-9456
- Pools and Spray Parks including in Memorial Park

Extreme heat affects everyone differently with the risks being greater for young children, pregnant women, older adults, people with chronic illnesses and people working or exercising outdoors. Watch for the effects of heat illness including:

- swelling,
- rash,
- cramps,
- fainting,
- heat exhaustion,
- heat stroke and
- the worsening of some health conditions.

Interior Health recommends you drink plenty of water to stay hydrated, take a cool shower or bath or wear a damp shirt to cool down during the hottest hours of the day. Keep windows shut, and curtains/blinds closed. Stay in the shade and use sunscreen if outside and call 911 in the event of a medical emergency.

If Spallumcheen residents have additional concerns related to the heat, please reach out by contacting us at 250-546-3013 or mail@spallumcheentwp.bc.ca.

Additional resources can be found on the [Interior Health website here](#) and the [BC Centre for Disease Control website here](#).

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Media Contact:

Lisa Gyorkos, Deputy Corporate Officer
Township of Spallumcheen
mail@spallumcheentwp.bc.ca
www.spallumcheentwp.bc.ca
250.546.3013