

**HEAT ALERT FOR THE CITY OF BRAMPTON
TUESDAY, AUGUST 31, 2010**

Peel Public Health has issued a heat alert for the City of Brampton. Temperatures are expected to reach 33 degrees for today. Peel Public Health is also expecting to issue an extreme heat alert for Wednesday as temperatures are expected to remain high.

With the heat, City of Brampton splash pads and wading pools/outdoor pools are scheduled to remain open later today and tomorrow. Check with your local recreation centre for hours of operation.

Peel Public Health encourages residents to restrict outdoor activity. It is also recommended that the public stay out of the sun, drink lots of water and stay in air conditioned places. Seniors and young children are particularly at risk, and residents are encouraged to check on neighbours who they think may be vulnerable.

For more information on heat safety, visit Peel Public Health at:
<http://www.peelregion.ca/health/heat/default.asp?page=gen-pub-guidelines>

BE SAFE IN THE WATER

Residents are also reminded to play it safe near the water:

- Always keep young children within arms' reach around the water.
- Never swim alone.
- Restrict and control access to backyard pools with fencing on all four sides.
- Put a life jacket on young children when in the pool area or at the beach.
- Designate a backyard pool lifeguard or beach lifeguard among your group.
- Choose lifeguard-supervised beaches and pools for swimming.
- Empty unattended wading pools and buckets of water if not in use.
- If you have a pool or cottage, ensure family members learn lifesaving skills.

The City of Brampton will update this heat alert information as conditions change.