



Renfrew County and District Health Unit  
"Optimal Health for All in Renfrew County and District"

## For Immediate Release

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(Pembroke, Ontario, January 20, 2025)

### **Extreme Cold Warning Issued by Environment Canada**

Renfrew County and District Health Unit reminds residents to take precautions as the temperature drops. Environment Canada has issued an extreme cold warning for the following areas:

- Algonquin Provincial Park
- Whitney
- Deep River

Extreme cold conditions are expected with windchill values near minus 35. Depending on cloud cover, which may serve to moderate temperatures slightly, extreme cold conditions may persist through Wednesday for some areas.

Very cold temperatures can lead to serious health risks like windburn, frostbite, and hypothermia. Frostbite can develop on exposed skin within minutes and can happen to anyone.

People most vulnerable to extreme cold include infants, older adults, people with medical conditions affecting the heart or lungs, people taking certain medications such as beta-blockers, people experiencing homelessness, people living in a home without adequate electricity or heat, and people working outdoors.

If you must be outdoors, reduce your risk and protect yourself from extreme cold conditions:

- Dress in warm layers with a wind resistant outer layer.
- Cover exposed skin when outdoors. Use a scarf to cover and protect your face and nose.
- Keep moving, including your hands and feet, to keep your blood flowing.
- Be aware of how your medical conditions or medications may increase your risk.
- Avoid alcohol.
- Listen to the weather forecast, plan ahead, and modify your plans to reduce your risk.
- Keep an [emergency car kit](#) in your vehicle when travelling.
- Be aware of [signs and symptoms](#) of frostbite and hypothermia.

If shelter is needed, a Mesa warming centre is available 24 hours a day in Pembroke at 156 John Street.

For additional tips on how to stay safe during extreme cold events, visit [Emergency Preparedness | Renfrew County and District Health Unit \(rcdhu.com\)](#) and [Health Canada: Extreme Cold](#). To monitor alerts and forecasts issued by Environment Canada, please visit [Public Weather Alerts](#).

-30-

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