

Public Health Sudbury & District

## Heat Alert issued for Greater Sudbury: Tuesday, July 14, 2026

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A Heat Alert is being issued for Greater Sudbury. Under the [City of Greater Sudbury Hot Weather Response Plan](#) (PDF) a Heat Alert occurs when the humidex is expected to reach 40 for two or more days.

“Frequently check on your friends, neighbours, and relatives, especially if they are at higher risk of heat-related illness to ensure that they are staying cool and hydrated,” said Burgess Hawkins, a manager with Public Health Sudbury & Districts’ Health Protection Division.

Continuous exposure to high levels of heat can lead to dehydration and illnesses such as heat stroke, heat exhaustion, heat fainting, heat edema (swelling of hands, feet and ankles), heat rash, heat cramps (muscle cramps), and even death. People who are at higher risk include, older adults, infants and young children, pregnant people, people with chronic illnesses, people who are unhoused, people who use alcohol or other drugs, and those who work or exercise in the heat. Those who take medications or have a health condition should consult their doctor or pharmacist to determine if they are at increased risk from the heat and follow their recommendations.

Symptoms of heat-related illness include dizziness or fainting, nausea or vomiting, headache, rapid breathing and a fast heartbeat, extreme thirst, confusion, and less urination with unusually dark yellow urine. If you or someone in your care experiences these symptoms, contact a health care professional. You can also call or chat online with a registered nurse day or night for free, secure, and confidential health advice by contacting Health811—visit [health811.ontario.ca](https://health811.ontario.ca) (Ontario Government) or call 811 (TTY 1.866.797.0007). In emergencies, call 911.

Take precautions and stay cool during this time of high temperatures. Take a break from the heat by spending a few hours in a cool place, for example, in a tree-shaded area, beach or pool, an air-conditioned public building such as a shopping mall, grocery store, public library, or home of a family member or friend. Drink plenty of cool liquids, especially water, before you feel thirsty to reduce your risk of dehydration. Avoid sun exposure by staying in the shade, wearing a wide-brimmed, breathable hat, or using an umbrella, and wearing loose-fitting, light-coloured clothing made of breathable fabric. For information on available cooling locations, services, and other actions being taken by the City to help people beat the heat, visit [www.greatersudbury.ca](http://www.greatersudbury.ca)

Public Health Sudbury & Districts offers information on [beating the heat](#) in [apartment buildings](#), [keeping your pets safe](#), doing outdoor activities in [heat and smog](#), and [keeping your children safe](#) during hot weather.

For more information on Heat Warnings and preventing heat-related illness, please call Public Health Sudbury & Districts at 705.522.9200, ext. 464 (toll-free 1.866.522.9200) or visit [phsd.ca](https://phsd.ca).

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