

MEMO

MEMO TO: Residents/Tenants and Care Partners
FROM: Emergency Management Committee
DATE: July 16, 2025
RE: Poor Air Quality and Heat Warning – Code Grey

On Wednesday July 16, 2025, the air quality in Brampton is forecast to be high risk or a 7 out of 10 as per Environment Canada's Air Quality Health Index. This index may get worse or better over the next few days. Regardless, we should remain on the alert assessing for symptoms and responding accordingly.

Prolonged exposure to smoke can cause the following symptoms:

- ✓ Nose, throat, eye and sinus irritation, mild cough or headache. (People with heart or breathing problems are at greater risk.)

Please seek immediate medical help if you have following symptoms:

- ✓ Trouble breathing or chest pain, heart palpitations, wheezing or severe cough or dizziness.

Today's daytime temperature will be a high of 31 to 34 degrees Celsius with the humidex between 37 to 42 Celsius.

Reminder that it is VERY important that you stay hydrated and drink lots of water during these hot days. The water in your kitchen tap is safe to drink.

It is important to follow your doctor's usual advice about exercising and managing your conditions. Reduce or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.

If you are able, check on your vulnerable friends/neighbors. If you are unsure, you can call TNO to complete a safety check.



HCH *Here to Care.*

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The Grace Manor atrium and the Faith Manor lobby are some common areas (amongst others) at a cooled / normal temperature within HCH. Please don't sit in a hot apartment, but go to any of these common area spaces to sit and cool down - stay as long and go as often as needed.

For the Manors, if you are at risk, please speak to the Charge Nurse. For tenants, please speak to TNO staff.

As the situation changes or is warranted, we will post regular updates to the HCH website and channel 990.