



HEAT WAVE, HOT WEATHER ADOPT THE RIGHT REFLEXES



Extreme heat = A temperature of 30 ° C or higher and a humidex of 40 or more or a temperature of 40 ° C or higher

PRECAUTIONS TO TAKE

FOR ADULTS

During heat waves, your health may deteriorate rapidly. Certain precautions must be taken to make yourself more comfortable and reduce health risks for you and your loved ones.

- ✓ Keep well hydrated : Drink 6 to 8 glasses of water a day
- ✓ Avoid alcoholic beverages as alcohol can exacerbate dehydration
- ✓ Refresh yourself often:
 - Bathe, shower or take a cool bath daily
 - Refresh your skin with a wet towel several times a day
 - Spend at least 2 hours a day in cool and air-conditioned places
 - Limit physical effort
 - Wear light clothing
- ✓ See how your loved ones are doing, especially those with reduced autonomy or that live alone
- ✓ Watch for heat notices and heat alerts, and follow the recommendations of Environment Canada or your region's public health authority

FOR BABIES AND CHILDREN

During heat waves, the health of babies and children can deteriorate fast. Certain precautions must be taken to make them more comfortable and reduce health risks..

- ✓ Hydrate your children well: Give them a glass of water **every 20 minutes;**
- ✓ Breastfeed your baby more often
- ✓ Offer water between feedings to bottle-fed babies
- ✓ Refresh them often: In a pool or by making them take a cool bath or shower at least twice a day
- ✓ Refresh their skin with a wet towel several times a day
- ✓ Protect them from the heat: Dress them in light clothing and cover their head with a wide-brimmed hat
- ✓ Never leave them alone in a poorly ventilated room
- ✓ Never leave them alone in a car
- ✓ Limit their exposure to heat: Limit their outdoor activities, such as competitive endurance sports
- ✓ Plan outdoor activities before 10 a.m. and after 3 p.m. when the heat is less intense

