

HEAT AND HOMELESSNESS :

How to Protect Yourself

Good Behaviors to Adopt

- Spend time in a cool place
- Drink water often, before you feel thirsty
- Move less. Reduce physical efforts
- Wear lightweight clothing
- Wet your skin with cool water
- Stay in the shade as much as possible
- Stay with someone if you are not feeling well



For Outreach Workers and Support Staff

- Remind the person to drink water often
- Guide them to a cool place
- Monitor people who are at higher risk
- Act quickly if the person's condition worsens

Symptoms to Watch For

- Intense thirst
- Red skin or red spots on the skin
- Severe fatigue
- Headache
- Dizziness

CALL 911

- Fever
- Confusion
- Loss of consciousness

Warning : Symptoms of heat stroke may resemble those of an overdose.

Need Health Advice?

Call Info-Santé at 811, option 1.

A nurse will answer your call.

Heat and alcohol or drug use

- Using increases the risk of heat stroke
- It is safer to use drugs or alcohol in the presence of another person and in the shade
- Stock up on water

**For outreach workers and support staff :
In case of respiratory distress or respiratory arrest, call 911.**

People at Higher Risk

Anyone can suffer from heat-related illness, but some people are more vulnerable :

- Older adults
- People with chronic health conditions (e.g., heart disease, diabetes, high blood pressure)
- People who use alcohol or drugs
- People taking certain medications

For More Prevention Tips

drspmtl.ca/chaleur