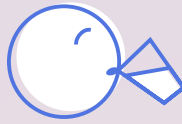


What to do when it's really hot

How can you prevent heat-related health problems?



Spending time
in a cool place



Drink a lot of water



Reduce physical effort



Wear lightweight
clothing



Take a cool shower
or bath



Check on people
vulnerable to heat

Symptoms to watch for



Exhaustion
(fatigue)



Dehydration
(dry mouth)



Headaches



Dizziness



Confusion



Skin redness and
rash-like spots

If these symptoms are present, call Info-Santé at 811.

If there is fever or fainting in addition to those symptoms, call 911 to get help.

drspmtl.ca/chaleur

See the English tab for more details

Québec 