It’s really hot!

Be sure you:
- Drink 6 to 8 glasses of water a day or follow a doctor’s recommendation
- Spend at least 2 hours a day in an air-conditioned or cool place

Québec
When it’s really hot, your state of health can quickly deteriorate.

To protect yourself from the effects of heat:

- Drink 6 to 8 glasses of water a day or follow a doctor’s recommendation.
- Spend at least 2 hours a day in an air-conditioned or cool place (shopping centre, library, etc.).
- Take at least 1 cool shower or bath a day, or cool your skin several times a day with a wet washcloth.
- Avoid alcohol.
- Reduce your physical efforts.
- Wear light clothing.
- Contact your family and friends, especially those with less autonomy or living alone.

If you are not feeling well or have health-related questions, call Info-Santé 811 or speak to a health professional.

In an emergency, call 9-1-1.

Learn more at Québec.ca