



40° —

30° —

20° —

It's really HOT!

**When it's very hot, your health
can deteriorate quickly.**

Make sure to:



Drink lots of water before you feel
thirsty



Spend a few hours a day
in an **air-conditioned or cool**
location

**Watch for signs of dehydration:
intense thirst, dry mouth and lips, dark
urine, rapid pulse and breathing.**

To protect yourself from the effects of heat:



Drink **lots of water** before you feel thirsty



Spend a few hours a day in an **air-conditioned
or cool location**



Close the curtains or blinds during the day
and open the windows, if possible,
when it's cool at night



Take a cool shower or bath when needed or cool
your skin several times a day with a damp cloth



Avoid **alcohol**



Wear **light-coloured clothing**



Keep in touch with family and friends
and don't hesitate to ask those around
you for help

**If you're not feeling well or have health-related
questions, call Info-Santé **811** or speak
to a nurse or doctor.**

In an emergency, call 9-1-1.

Learn more at:

Québec.ca