

40° —

30° —

20° —



It's really HOT!

Your health can deteriorate quickly.

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

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