



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**