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# Precautions to take for children

During very hot weather, the health of a child under 5 years old can deteriorate quickly.

### Make sure to:



Have the child drink water regularly and carry a water bottle if possible



Cool the child's skin with a wet towel several times a day



Have the child take a **cool bath** as often as needed



Have the child spend a **few hours a day** in an air-conditioned or cool location



Plan the child's outside activities ideally before 10:00 am and after 4:00 pm



Dress the child in light-coloured clothing



Cover his or her head with a wide-brimmed hat



For babies who are nursing, let them nurse on demand. It's perfectly normal for them to nurse more often.

For babies who drink formula, offer it more often. For babies over six months, offer small amounts of water after or in between feedings.

## Never leave a child or baby alone in a car or poorly ventilated room, even for a few minutes.

# **Important signs to watch for:**

- less urine or dark urine
- · dry skin, lips or mouth
- headache, vomiting or diarrhoea
- abnormal, pale or red skin colour
- circles under the eyes and eyes may appear sunken

- elevated body temperature, 38.5°C or higher (rectal)
- unusually agitated, irritable or confused
- difficulty breathing
- drowsiness, increased sleep and difficult to wake up

Does your child present one or more of these signs? Do you have any health-related questions? Call Info-Santé by dialling 811 or speak to a nurse or doctor.

In an emergency, call 9-1-1.

Learn more at: Québec.ca



