



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