



# HEAT WAVE, HOT WEATHER ADOPT THE RIGHT REFLEXES



**Extreme heat = A temperature of 30 ° C or higher and a humidex of 40 or more or a temperature of 40 ° C or higher**

## PRECAUTIONS TO TAKE

### FOR ADULTS

*During heat waves, your health may deteriorate rapidly. Certain precautions must be taken to make yourself more comfortable and reduce health risks for you and your loved ones.*

- ✓ Keep well hydrated : Drink 6 to 8 glasses of water a day
- ✓ Avoid alcoholic beverages as alcohol can exacerbate dehydration
- ✓ Refresh yourself often:
  - Bathe, shower or take a cool bath daily
  - Refresh your skin with a wet towel several times a day
  - Spend at least 2 hours a day in cool and air-conditioned places
  - Limit physical effort
  - Wear light clothing
- ✓ See how your loved ones are doing, especially those with reduced autonomy or that live alone
- ✓ Watch for heat notices and heat alerts, and follow the recommendations of Environment Canada or your region's public health authority

### FOR BABIES AND CHILDREN

*During heat waves, the health of babies and children can deteriorate fast. Certain precautions must be taken to make them more comfortable and reduce health risks..*

- ✓ Hydrate your children well: Give them a glass of water **every 20 minutes;**
- ✓ Breastfeed your baby more often
- ✓ Offer water between feedings to bottle-fed babies
- ✓ Refresh them often: In a pool or by making them take a cool bath or shower at least twice a day
- ✓ Refresh their skin with a wet towel several times a day
- ✓ Protect them from the heat: Dress them in light clothing and cover their head with a wide-brimmed hat
- ✓ Never leave them alone in a poorly ventilated room
- ✓ Never leave them alone in a car
- ✓ Limit their exposure to heat: Limit their outdoor activities, such as competitive endurance sports
- ✓ Plan outdoor activities before 10 a.m. and after 3 p.m. when the heat is less intense

