

DECISION-MAKING AID during a heat wave

FOR YOU AND THOSE AROUND YOU

PLEASE PAY
CLOSE ATTENTION
TO THOSE AT RISK

| SYMPTOMS | HEALTH PROBLEM | WHAT SHOULD YOU DO? |
|---|-----------------|--|
| <ul style="list-style-type: none"> Few or no symptoms Slight discomfort | NONE | <ul style="list-style-type: none"> The three Golden Rules : <ol style="list-style-type: none"> Stay hydrated Remain where it is cool Reduce your physical efforts Keep an eye out for your friends |
| <ul style="list-style-type: none"> No signs of fever Clammy skin Muscular cramps | HEAT CRAMPS | <ul style="list-style-type: none"> Rest in a cool area Drink a lot of liquids (e.g.: a mixture of water, juice, salt) If necessary, call Info-Santé (8-1-1) |
| <ul style="list-style-type: none"> Fever : under 40 °C (104 °F) Clammy, pale, cold skin Extreme tiredness Dizziness | HEAT EXHAUSTION | <ul style="list-style-type: none"> The same advice as for heat cramps Do not stay alone Call Info-Santé (8-1-1) or see a doctor If necessary, call 9-1-1* |
| <ul style="list-style-type: none"> Fever: 40 °C (104 °F) and over Hot, flushed, dry skin Confusion Sudden loss of consciousness | HEAT STROKE | <ul style="list-style-type: none"> Call 9-1-1 immediately While waiting, sponge the body with cold water |

* Particularly for those who are the most vulnerable (see the list on the other side of this page)

To be conserved

The 3 Golden Rules:

1

Stay hydrated

2

Remain where it is cool

3

Reduce your physical efforts

- 1 Drink a lot of different liquids - don't wait until you are thirsty! or follow your doctor's instructions as to quantities.
- 2 Spend a few hours in a cool place, ideally with air-conditioning.
- 3 Reduce physical activities outdoors.

Who is most at risk ?

- The elderly (65 years of age and older)
- People with chronic diseases (e.g.: heart disease)
- People with mental health problems
- People living alone or who are losing their independence
- People taking certain medications (check with your pharmacist)
- Babies and young children (0-4 years of age)
- Workers engaged in physically demanding activities and those practicing a high-energy sport

Important telephone numbers

Info-Santé : 8-1-1

A family member, close friend or neighbour :

Pharmacist :

Family physician :

For more information on heat waves, visit the site of the Agence de la santé et des services sociaux : www.santeestrie.qc.ca

Agence de la santé
et des services sociaux
de l'Estrie

Québec 