

DECISION-MAKING AID during a heat wave

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: <ul 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) • Call Info-Santé (8-1-1) if necessary
<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 • Call 9-1-1 if necessary*
<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 • Sponge the body with cold water while waiting

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

The **3**
Golden Rules:

1

Stay hydrated

2

Remain where it is cool

3

Reduce your physical efforts

To be conserved

1



2



3

Reduce physical activities outdoors.

Who is most at risk ?

f

f

f

f

f

f

f

f:

and those practicing a high-energy sport

Important numbers

Info-Santé: 8-1-1

A family member, close friend or neighbour:

Pharmacist:

Family physician:

For more information visit : santeestrie.qc.ca/chaleur

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

Québec