

# DECISION-MAKING AID DURING A HEAT WAVE

SYMPTOMS	HEALTH PROBLEM	ACTION
<ul style="list-style-type: none"> <li>Few or no symptoms</li> <li>Mild discomfort</li> </ul>	NONE	<ul style="list-style-type: none"> <li>The three golden rules:                             <ul style="list-style-type: none"> <li>Stay hydrated.</li> <li>Keep cool.</li> <li>Limit physical activity.</li> </ul> </li> <li>Take care of those around you.</li> </ul>
<ul style="list-style-type: none"> <li>No fever</li> <li>Clammy skin</li> <li>Painful muscle contraction</li> </ul>	HEAT CRAMPS	<ul style="list-style-type: none"> <li>Rest somewhere cool.</li> <li>Drink fluids (e.g., mixture of water, juice, and salt).</li> <li>Call Info-Santé (811), if needed.</li> </ul>
<ul style="list-style-type: none"> <li>Fever under 40 °C (104 °F)</li> <li>Clammy, pale, and cold skin</li> <li>Significant fatigue</li> <li>Dizziness</li> </ul>	HEAT EXHAUSTION	<ul style="list-style-type: none"> <li>Same advice as for heat cramps.</li> <li>Have someone stay with you.</li> <li>Call Info-Santé (811) or consult a health care professional.</li> <li>Call 911, if necessary.*</li> </ul>
<ul style="list-style-type: none"> <li>Fever of 40 °C (104 °F) or higher</li> <li>Dry, hot, and red skin</li> <li>Confusion</li> <li>Loss of consciousness</li> </ul>	HEAT STROKE	<ul style="list-style-type: none"> <li>Call 911 immediately.</li> <li>While waiting for help, apply cold water to the person's body.</li> </ul>

\*ESPECIALLY IN THE CASE OF AT-RISK INDIVIDUALS (SEE OVER FOR THE LIST)

## THE THREE GOLDEN RULES:

1



### STAY HYDRATED

Drink water at regular intervals or as recommended by a healthcare professional.

2



### KEEP COOL

Spend several hours in a cool or air-conditioned area.

3



### LIMIT PHYSICAL ACTIVITY

Take it easy and reduce physical activities.

## WHO ARE THE PEOPLE AT HIGHER RISK?

The following people are more likely to develop complications if they are exposed to heat:

- Babies and children under the age of 5
- Pregnant women and their fetus
- The elderly
- People with impaired independence or who live alone
- People with chronic illnesses or serious mental-health problems
- People who have problems with alcohol or drug use
- People who work in physically demanding jobs or who work in the sun or outdoors, such as construction workers
- People who work in settings that generate heat as part of the work process, such as foundries or bakeries
- People who exercise strenuously outdoors in hot weather or indoors in areas that are poorly ventilated or do not have air-conditioning
- People who do not have access to cool or air-conditioned areas
- People taking certain prescription medications that may aggravate the effects of heat

## IMPORTANT TELEPHONE NUMBERS

Info-Santé: 811

Relatives (friends, family, neighbours): \_\_\_\_\_

Pharmacist: \_\_\_\_\_

Family physician: \_\_\_\_\_

Centre intégré  
universitaire de santé  
et de services sociaux  
de l'Estrie – Centre  
hospitalier universitaire  
de Sherbrooke

Québec

FOR MORE INFORMATION, VISIT

[SANTEESTRIE.QC.CA/EN/CARE-SERVICES/HEALTH-ADVICE/ENVIRONNEMENT-SAINS-SECURITAIRES/EXTREME-HEAT/](http://SANTEESTRIE.QC.CA/EN/CARE-SERVICES/HEALTH-ADVICE/ENVIRONNEMENT-SAINS-SECURITAIRES/EXTREME-HEAT/)