

DECISION-MAKING AID DURING A HEAT WAVE

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

*ESPECIALLY IN THE CASE OF VULNERABLE INDIVIDUALS (SEE OVER FOR THE LIST)

THE THREE GOLDEN RULES:

1



STAY HYDRATED

Drink plenty of fluids without waiting to feel thirsty or as recommended by a doctor.

2



KEEP COOL

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

3



LIMIT PHYSICAL ACTIVITY

Take it easy and reduce outdoor physical activities.

WHO ARE THE MOST VULNERABLE PEOPLE?

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

[SANTEEESTRIE.QC.CA/EN/CARE-SERVICES/HEALTH-ADVICE/ENVIRONNEMENT-SAINS-SECURITAIRES/EXTREME-HEAT/](https://santeestrie.qc.ca/en/care-services/health-advice/environnement-sains-securitaires/extreme-heat/)

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