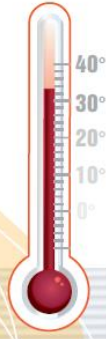
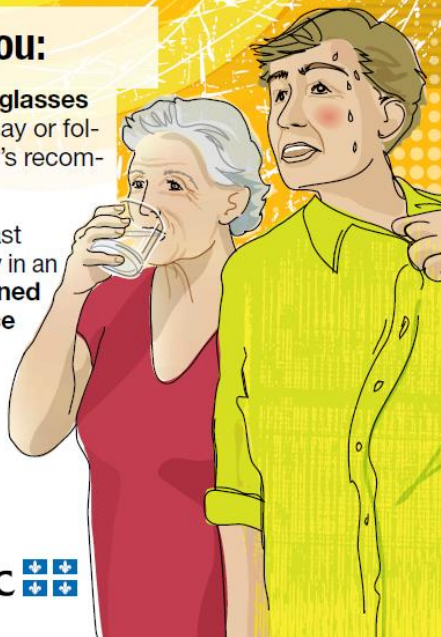


It's really hot!



Be sure you:

- ⑥ Drink **6 to 8 glasses of water** a day or follow a doctor's recommendation
- ⑥ Spend at least 2 hours a day in an **air-conditioned or cool place**



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When it's really hot, your state of health can quickly deteriorate.

To protect yourself from the effects of heat:

- ⑥ Drink **6 to 8 glasses of water** a day or follow a doctor's recommendation
- ⑥ Spend at least 2 hours a day in an **air-conditioned or cool place** (shopping centre, library, etc.)
- ⑥ Take at least **1 cool shower or bath** a day, or cool your skin several times a day with a wet washcloth
- ⑥ Avoid alcohol
- ⑥ Reduce your physical efforts
- ⑥ Wear **light clothing**
- ⑥ **Contact your family and friends**, especially those with less autonomy or living alone



If you are not feeling well or have health-related questions, call Info-Santé **8-1-1** or speak to a health professional.

In an emergency, call **9-1-1**.

Learn more at www.sante.gouv.qc.ca

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