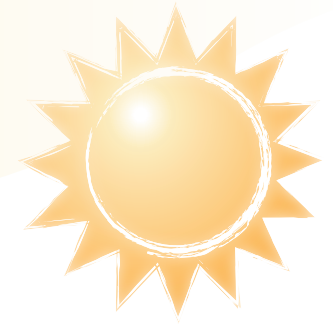


# Prevention in the event of a HEATWAVE



## BEFORE

### PREPARE YOUR HOME

- ☐ Make sure you can keep your home cool: opaque curtains, blinds, fans, air conditioner.
- ☐ Prepare an **emergency kit**: water, lightweight clothing, a spray bottle, medication.
- ☐ Use an indoor thermometer to monitor room temperature.

### PLAN YOUR ACTIVITIES

- ☐ Check on **weather** alerts: sign up to receive weather advisories by dialing 1 866 982-7282 or by visiting **CONSEILS CLIMAT**'s website.
- ☐ Make an **emergency plan** that includes reminders to hydrate and emergency contacts.
- ☐ Discuss **preventive measures** with your friends, colleagues, and neighbours.

### CREATE A SUPPORT NETWORK

- ☐ Have a list of emergency contacts ready.
- ☐ Identify people around you who are at risk: seniors, people living alone or who are ill.
- ☐ If you live alone, designate someone to check on you.



## DURING

### ADJUST YOUR LIFESTYLE ACCORDINGLY

- Drink water regularly**, even when you don't feel thirsty.
- Avoid **alcohol** and heavy meals.
- Avoid **physical exertion** between 11:00 a.m. and 6:00 p.m..
- Take cool **baths/showers** or use a spray bottle to cool off.
- Spend a **few hours each day** in public places with air conditioning: Pools, libraries, cooling centres.
- Wear **loose-fitting, lightweight clothing** in light colours.
- Protect yourself from the sun**: Hat, SPF 15+ sunscreen.
- Check on** friends and family members who are at risk, and let others know how you are doing.

### COOL YOUR HOME

- Close curtains and windows during the day.
- Open them at night if the air outside is cooler.
- Limit the use of heat-generating appliances.

### KEEP AN EYE ON YOUR HEALTH

- **Dehydration**: extreme thirst, fatigue, headache, dry mouth.
- **Heat stroke**: dizziness, nausea, confusion, skin that is hot and dry, lack of perspiration.

Check local measures and services available in your municipality.

## AFTER

- Open windows and doors to let evacuate accumulated heat out of your home.
- Continue to drink water regularly.
- Update your kit and your contacts to prepare for the next heatwave.

## WHAT TO DO?

- Feeling unwell? If you have health-related questions, call Info-Santé at **8-1-1**.
- In case of an emergency call **9-1-1**.



### For more information and tips



[www.quebec.ca/en/public-safety-emergencies/emergency-situations-disasters-and-natural-hazards/what-to-do-before-during-after-emergency-disaster/extreme-heat](http://www.quebec.ca/en/public-safety-emergencies/emergency-situations-disasters-and-natural-hazards/what-to-do-before-during-after-emergency-disaster/extreme-heat)

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