

## EXTREME COLD WARNING IN CANIAPISCAU

**Baie-Comeau, January 5, 2024** – The Direction de santé publique de la Côte-Nord would like to recommend certain measures to the Caniapiscau population currently experiencing extreme cold daytime temperatures of  $-28^{\circ}\text{C}$  with a wind chill of  $-35^{\circ}\text{C}$  in the night of January 5 and 6, 2024. This situation concerns the municipalities of Fermont and Schefferville, as well as the communities of Matimekush-Lac John and Kawawachikamach.

Exposure to intense cold can represent a significant risk of frostbite or hypothermia. The elderly, young children, people who work outdoors, snowmobilers and those involved in winter activities are particularly vulnerable to the cold. What's more, people with cardiovascular or respiratory problems are likely to make their symptoms worse when exposed to extreme cold.

The Direction de santé publique therefore recommends the following measures to the population of Caniapiscau:

- Dress in several layers of clothing. The top layer must be windproof and waterproof.
- Cover your head, nose, mouth, and neck.
- Wear boots that will keep your feet warm and prevent you from slipping and falling.
- Stay active – walk constantly, for example.
- Limit vigorous physical exertion such as shovelling snow or running.
- If you must stay outdoors for long periods, take breaks in a warm place that is sheltered from wind.
- If possible, provide temporary shelter to a loved one or a person in need in order to reduce the risk of health consequences.

For more information on the effects of the cold on health, please go to the [quebec.ca](http://quebec.ca) website.

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