

## COLD WAVE IN CERTAIN SECTORS ON JANUARY 22<sup>ND</sup> AND 23<sup>RD</sup>

**Baie-Comeau, January 22, 2024** – The Direction de santé publique de la Côte-Nord would like to inform the population that certain sectors are currently experiencing a cold wave, with temperatures of -38°C down to -50°C with wind chill on January 22 and 23, 2024. This applies to the municipalities of Fermont and Schefferville, as well as the Indigenous communities of Matimekush-Lac John and Kawawachikamach and the Manic-3, Manic-5 and Labrieville sectors.

Exposure to intense cold may pose a significant risk of frostbite or hypothermia. Seniors, young children, outdoor workers, snowmobilers and people who take part in winter activities are particularly vulnerable to cold weather. Moreover, people who suffer from heart or respiratory problems may aggravate their symptoms if they are exposed to extreme cold.

Therefore, the Direction de santé publique recommends the following measures to the population:

- Dress in several layers of clothing. The top layer must be windproof and waterproof.
- Cover your head, nose, mouth and neck.
- Wear appropriate gloves to keep your hands warm.
- 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 outside for a long time, take breaks in a warm place that is sheltered from the 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, visit [quebec.ca](http://quebec.ca).

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