

## PREVENTIVE MEASURES AGAINST OPPRESSIVE HEAT AND EXTREME HEAT

**Baie-Comeau, June 16<sup>th</sup>, 2020** – Given the very warm temperatures expected in the next few days, especially in Haute-Côte-Nord, the Direction de santé publique (DSPu) de la Côte-Nord wants to remind the population of the measures to follow to prevent the health problems related to heat. These measures apply even during a pandemic.

When it is very warm, anyone can suffer from health problems that range from dehydration to heat stroke, without forgetting fatigue, dizziness and faintness. Some people are more vulnerable than others, and can see their health condition rapidly deteriorate:

- People aged 65 years and over;
- People who suffer from chronic cardiovascular, respiratory or kidney diseases, or from diabetes;
- People who suffer from mental health disorders (especially schizophrenia and alcohol or drug addiction);
- Children between 0 and 4 years old.

### Preventive measures

In order to avoid health problems, the DSPu encourages the population to follow these measures:

- Drink water often, do not wait until you are thirsty;
- Spend 2-3 hours a day in a cool or conditioned environment;
- Take at least one cool shower or bath every day, or cool your skin with a wet towel multiple times a day;
- Reduce physical efforts;
- Never leave a child alone in a car or an insufficiently ventilated room.

The DSPu also recommends taking news from your elderly relatives and those who suffer from mental or physical health problems to make sure they are doing well.

On the North Shore, we consider that we are going through a period of oppressive heat when temperatures reach 26 °C during the day and 14 °C at night, for three consecutive days, and through a period of extreme heat when temperatures reach 31 °C during the day and 16 °C at night, for three consecutive days.

For more information on the effects of heat on your health, you are invited to visit the [Québec.ca](http://Quebec.ca), to contact Info-Santé at 811 or to consult a health care professional. In case of emergency, call 911.

- 30 -

Source: Pascal Paradis  
Communications advisor  
Centre intégré de santé et de services sociaux de la Côte-Nord  
418 589-9845, ext. 252268