

EXTREME HEAT IN HAUTE-CÔTE-NORD AND FERMONT: REMINDER OF PUBLIC HEALTH PREVENTIVE MEASURES

Baie-Comeau, July 5, 2023 – While warmer temperatures are expected in the coming days, especially in Haute-Côte-Nord and Fermont, the Direction de santé publique de la Côte-Nord reminds the population that we must remain vigilant in extreme heat.

Precautionary measures are usually enough to feel more comfortable. However, some people are more at risk of developing complications, especially babies and young children, seniors, people with chronic diseases and people doing physically demanding work outdoors.

The Direction de santé publique de la Côte-Nord recommends that people in these sectors reduce their exposure to heat by:

- Drinking plenty of water without waiting to be thirsty. Follow the instructions of a health care professional regarding the amount of liquid to drink, where applicable;
- Spending a few hours per day in an air-conditioned or cooler place;
- Taking a cool shower or bath as often as necessary or cooling your skin with a wet towel several times a day;
- Reducing physical exertion, especially during the warmest part of the day;
- Closing the curtains or blinds when the sun is out;
- Ventilating your residence if possible when the night is cool.

If you have vulnerable loved ones, stay in touch with them, visit them or invite them over.

If some discomfort persists or increases despite these measures, it is advisable to consult Info-Santé at 811. In case of emergency, call 911.

To learn more about heat, consult this website: <https://www.quebec.ca/en/health/advice-and-prevention/health-and-environment/the-effects-of-oppressive-and-extreme-heat>

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