

## COLD WAVE IN SEVERAL RCMs OF THE REGION: PUBLIC HEALTH RECOMMENDATIONS

**Baie-Comeau, January 20, 2026** – The Direction de santé publique de la Côte-Nord would like to inform the population that the Manicouagan, Sept-Rivières, Minganie, Golfe-du-Saint-Laurent and Caniapiscau RCMs are currently experiencing a cold wave, with wind chills reaching -28°C to -48°C during the night of January 20 until the morning of January 21, 2026.

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.

The Direction de santé publique recommends the following measures for concerned RCMs:

- Dress in several layers of clothing. The top layer must be windproof and waterproof.
- Make sure that you cover your head, nose, mouth and neck well.
- 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.

For more information on the effects of the cold on health, visit [Quebec.ca](http://Quebec.ca).

The Direction de santé publique de la Côte-Nord thanks you for your cooperation.

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