

HEAT IS NOT TO BE TAKEN LIGHTLY

Public Health recommendations to prevent health problems that can occur when the temperature is very hot.

Heat, especially when accompanied by high humidity, can cause a variety of health problems such as **dehydration, fatigue, dizziness, ailments, cramps, fever, fainting, exhaustion** or **heat stroke**.

People who are most vulnerable to heat are the elderly and those with chronic cardiovascular, respiratory or kidney disease, diabetes or mental health problems. Infants and children under the age of five should also be closely monitored.

Recommendations

Beware of long outdoor exposures!

People participating in activities related to Pope Francis' visit will likely have to wait for long hours outdoors. In the context of a heatwave, here are some recommendations to focus on:

- Plan to carry enough water and snacks with you for periods spent outdoors;
- Protect yourself from the sun by wearing a wide-brimmed hat and light clothing.

Watch out for vulnerable people!

The population and those who are more vulnerable to heat are invited to observe these few tips, while taking into account the physical distancing measures in effect:

- Spend at least two hours a day in a cool or air-conditioned area. If you don't have access to air conditioning, go to air-conditioned locations for a few hours during the day (e.g., shopping malls, movie theaters, libraries, etc.);
- Drink often, unless medically contraindicated;
- Avoid strenuous physical activities;
- Take at least one cool shower or bath a day and cool off with a wet towel;
- Seek shade outdoors. Wear light, loose-fitting, light-colored clothing, a wide-brimmed hat and sunglasses. The use of sunscreen with SPF 30 or higher is recommended;
- Limit the amount of heat entering your home, for example by closing curtains during the day, creating air circulation, etc.);
- Never leave a child or a non-self-sufficient person alone in a vehicle, even with the windows ajar and even for a short time;
- Reduce your work pace and make sure you are well hydrated if you are a **worker** who has to continue working. Alternate more frequently between work and rest periods.
- Make sure you are well hydrated if you are going to the gatherings surrounding the Pope's visit or other major events;
- Don't hesitate to call or visit family members, friends or neighbors with a loss of autonomy who are living on their own to check on their well-being. For example, accompanying them to a cool place can help them avoid heat-related health problems.

Watch out for young children!

Infants and young children under the age of five should be watched when the weather is hot and humid. Here are some tips to prevent dehydration in children during hot weather:

- Get children to drink more often;
- Refresh children in a warm bath several times a day;
- Avoid exposing them to the sun and leaving them outside between 10 a.m. and 3 p.m.;
- Cover their head with a wide-brimmed hat if you must go out and dress them in light clothing;
- Make sure there is good air circulation around the bed and avoid placing the bed against the wall.

The criteria for defining heat

Heatwave: temperature reaches 30°C AND the humidex is 40 AND both conditions last for at least one hour.

Extreme heat: the temperature reaches 31°C during the day, 18°C at night and, as an indication, a humidex of 37 for at least three consecutive days. These criteria are specific to the Capitale-Nationale region. The impact on health, particularly death, is aggravated during extreme heatwaves.

People who wish to obtain more information on issues affecting their health or that of a loved one can contact the Info-Santé 811 line at any time to speak with a nurse. The nurse will be able to advise them and direct them, if necessary, to an appropriate resource.

[We invite you to consult the Government of Quebec Website.](#)

In case of an emergency, call 911 or go immediately to the emergency room.

For more details : ciussscn.ca/papalvisit