

WHAT TO DO WHEN IT'S REALLY HOT

Who is most vulnerable to heat?

- People aged 65 and over or with reduced mobility
- People with chronic diseases
- People with mental health problems and alcohol or drug addiction
- Children 0 to 4 years old

How to help people vulnerable to heat?

- Check in on them regularly.
- Make sure they are following prevention advice and offer to find them help, if needed.
- Make sure they can spend time in a cool or air-conditioned place.
- Never leave a child in a car or poorly ventilated room, even for a few minutes.

How can you prevent heat-related health problems?

- Drink a lot of water, even before you feel thirsty.
- Spend 2 to 3 hours a day in a cool, preferably air-conditioned place.
- Take at least 1 cool shower or bath a day, or cool your skin with a wet washcloth several times a day.
- Wear lightweight clothing.
- Reduce intense physical effort.

To find out more, [see the information sheet *It's really hot!*](#) (PDF).

Multilingual tools

- This document is available in [anglais](#), [arabe](#), [bengali](#), [chinois simplifié](#), [chinois traditionnel](#), [espagnol](#), [farsi](#), [grec](#), [haïtien](#), [hindi](#), [italien](#), [portugais](#), [punjabi](#), [russe](#), [tagalog](#), [tamil](#), [vietnamien](#) and [yiddish](#) (PDF).
- The poster is available in [arabe](#), [bengali](#), [chinois simplifié](#), [espagnol](#), [farsi](#), [grec](#), [haïtien](#), [hindi](#), [italien](#), [portugais](#), [punjabi](#), [russe](#), [tagalog](#), [tamil](#), [vietnamien](#) and [yiddish](#) (PDF).
- An audio capsule is also available in the following languages: [français](#), [anglais](#), [espagnol](#), [créole](#)

[haïtien](#), [punjabi](#), [hindi](#), [arabe](#), [mandarin](#), [tagalog](#), [bangla](#), [yiddish](#), [vietnamien](#), [portugais](#), [italien](#), [russe](#) and [lingala](#).

Children 0 to 4 years old

- To find out about precautions to take, [see the documentation](#) (PDF).
- This document for parents and other caregivers of children 0 to 4 years old is available in other languages: [anglais](#), [arabe](#), [bengali](#), [chinois simplifié](#), [espagnol](#), [farsi](#), [grec](#), [haïtien](#), [hindi](#), [italien](#), [portugais](#), [punjabi](#), [russe](#), [tagalog](#), [tamil](#), [vietnamien](#) et [yiddish](#) (PDF).

What are the symptoms to watch for?

- Exhaustion (fatigue)
- Skin redness and rash-like spots
- Dehydration (dry mouth)
- Headaches
- Dizziness
- Confusion

If these symptoms are present, [call Info-Santé at 811](#) or consult a health professional.

If there is fever or fainting in addition to those symptoms, [call 911](#) to get help.

Air-conditioned public places

- [See the map](#) of refreshment points and air-conditioned public places in the City of Montreal.

Oppressive heat and extreme heat. What's the difference?

Oppressive heat

- The temperature reaches 30 °C with a Humidex of 40 or more.
- Environment Canada issues a warning.

The main effect of heat on the population is discomfort.

Extreme heat

- Three consecutive days or more when the average temperature reaches 33 °C during the day and doesn't drop below 20 °C at night, or
- The temperature doesn't drop below 25 °C for two consecutive nights.

Extreme heat can cause vulnerable people's health to deteriorate rapidly and can even lead to death.

Was the information on this page useful to you?