

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.

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.

How can you prevent heat-related health problems?

- Drink lots of water, even before you feel thirsty.
- Spend a few 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, or go to the City's air-conditioned spaces and use its aquatic facilities.
- Wear lightweight clothing.
- Limit strenuous physical activities.

To find out more, see the information sheet [It's really hot!](#) (PDF) and [It's really hot! Precautions you need to take for children](#) (PDF)

Check on friends and family members who are elderly or who suffer from physical or mental health problems, to make sure they are doing well.

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