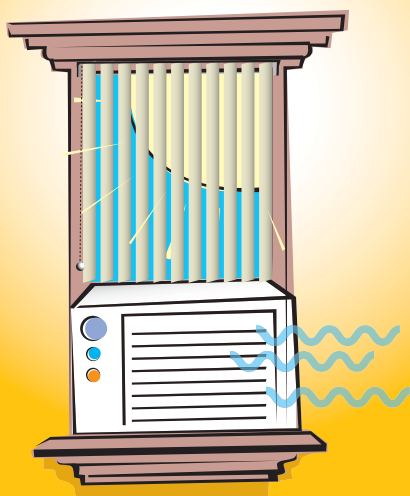


HEAT WAVE

BE CAUTIOUS!



**WHEN IT'S
VERY HOT,**

Spend some time in a cool place

Drink a lot of water – don't wait until you're thirsty

Reduce physical effort

WHEN IT'S VERY HOT,

seniors' health can deteriorate.
Therefore, it is recommended to



Spend a few hours in an air-conditioned or cool place



Drink a lot of water even before you feel thirsty or in quantities indicated by your doctor



Reduce physical effort



Let someone know how you are on a regular basis



Take cool showers or baths as often as needed or cool off using a damp facecloth

If you don't feel well, contact a doctor or call **Info-Santé** at **8-1-1** for health advice.



In case of **emergency**, call **9-1-1**.