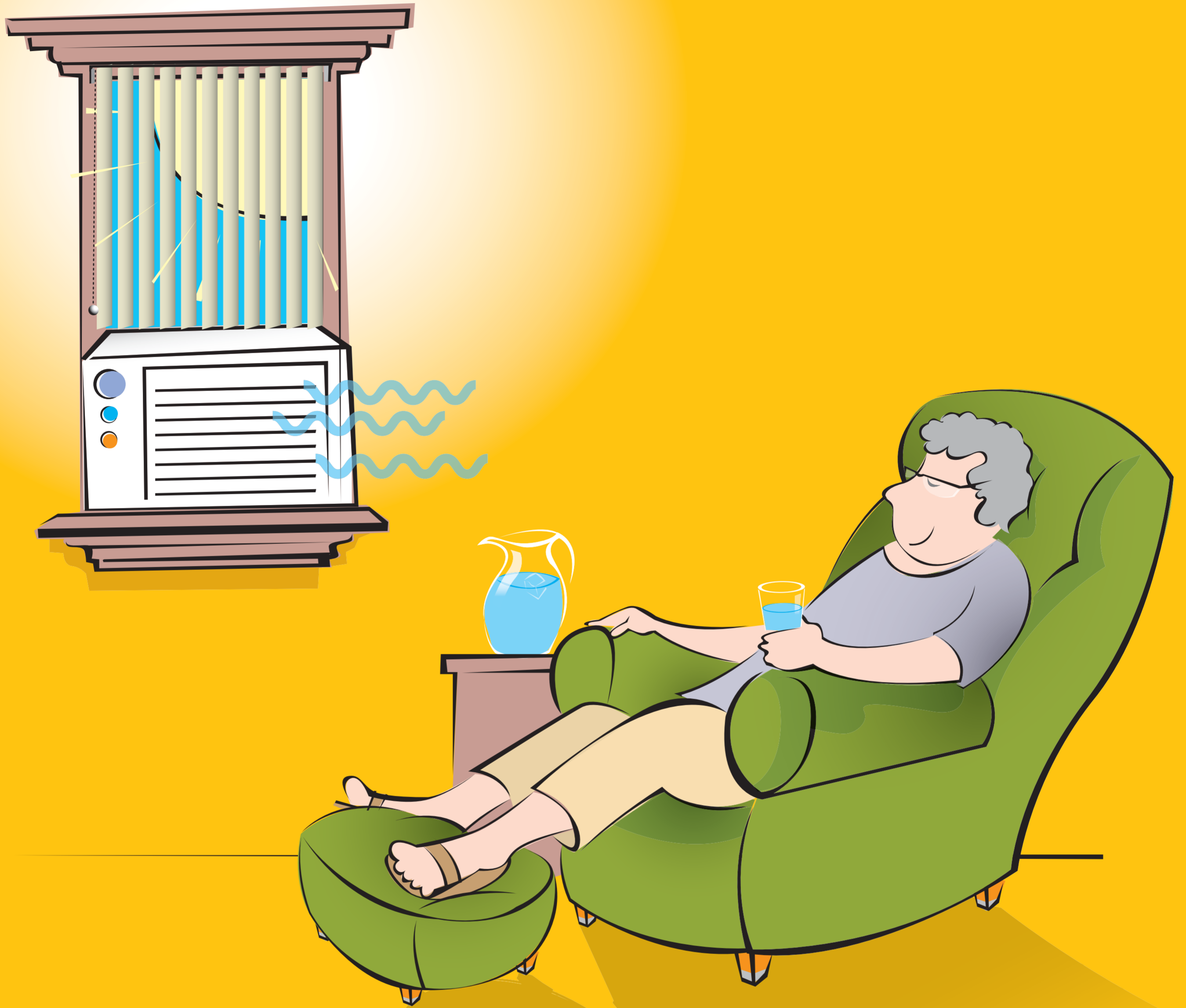


HEAT WAVE

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

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**.

Santé
et Services sociaux
Québec 