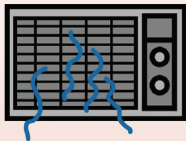


## Prevention measures during oppressive heat



- Drink a lot of water even before you feel thirsty



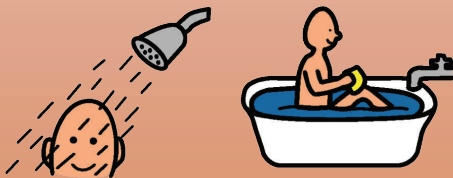
- Spend 1 to 2 hours in a cool or air-conditioned place



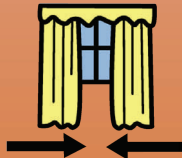
- Reduce physical activities



- Dress in light clothing



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



- Close curtains during the day

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

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