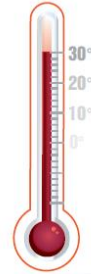


It's really hot!



Precautions you need to take for children

In periods of intense heat, children's state of health can quickly deteriorate.

Be sure you:

- Give the child a glass of water every 20 minutes
- Cool the child's skin several times during the day with a wet washcloth
- Give the child a lukewarm bath or shower at least twice a day
- Plan outdoor activities before 10 a.m. and after 3 p.m.
- Dress the child with light clothing and use a wide-brimmed hat for head protection



Breastfeed babies more often or give nursing bottle babies water in between feedings.



Never leave a child or a baby alone in a car or poorly ventilated room, even for only a few minutes.

Watch for these important symptoms:

- Less urine and/or dark urine
- Dry skin, lips or mouth
- Headache, vomiting or diarrhea
- Abnormally pale or reddish skin colour
- Sunken eyes and bags under eyes
- High rectal body temperature of 38.5 °C or more
- Unusual agitation, irritability or confusion
- Difficulty breathing
- Drowsy, excess sleep and difficulty waking up

If the child or baby shows one or more of these symptoms or if you have health-related questions, call Info-Santé **8-1-1** or speak to a health professional.

In an emergency, call **9-1-1**.

Learn more at
www.msss.gouv.qc.ca/chaleur

