

Hot weather recommendations from the Director of Public Health for the Laurentians

Saint-Jérôme, May 27, 2020 – In light of the hot weather forecast for the next few days, the Director of Public Health for the Laurentians recommends that residents take precautions to avoid heat-related health issues. These precautions apply even during the pandemic:

Recommendations

Intense heat can cause rapid deterioration in the health of individuals. Public Health authorities recommend:

- Drink 6 to 8 glasses of water a day, without waiting to feel thirsty (or according to doctor's orders, when appropriate);
- Avoid alcoholic beverages, which worsen dehydration;
- Spend at least 2 hours a day in a cool or air-conditioned space;
- Take at least one cool shower or bath a day or freshening skin with a wet facecloth several times a day;
- Limit physical exertion;
- Wear light clothes;
- Never leave anyone alone in a car or a poorly ventilated room.

The Director of Public Health for the Laurentians also advises the public to check on loved ones who are elderly or who have physical or mental health issues, to ensure their well-being.

Symptoms related to extreme heat

Symptoms related to extreme heat are: headaches, muscle cramps, exhaustion, dehydration, elevated body temperature and swelling of hands, feet and ankles.

Who is at risk?

When the weather is very hot, the entire population may experience health problems. However, certain individuals who are more vulnerable may experience a rapid decline in health:

- Individuals aged 65 and over;
- Individuals with chronic cardiovascular, respiratory or kidney disease and diabetics;
- Individuals with mental health problems (mainly schizophrenia) or alcohol or drug addiction;
- Individuals doing physical work or practising intense exercise outdoors;
- Children aged 0 to 4 years.

Dealing with heat during the pandemic

Even on hot days, public health guidelines relating to the current pandemic must be followed, especially social distancing.

For more information regarding your health, call 811 any time to reach the Info-Santé helpline.

For all emergencies, call 911.

“We must remain vigilant during these first hot days. Although this heat is early for the season, hot weather still puts the public at risk,” said Dr. Éric Goyer, Director of Public Health for the Laurentians.

For more information on the health effects of extreme heat and the recommended precautions, please visit www.santelaurentides.gouv.qc.ca

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450 432-2777, poste 22898
Sans frais 1 800 363-2507, poste 22898