

EXTREME Heat



WHAT TO DO WHEN IT'S TOO HOT



Spend some time in cool spaces



Drink lots of water



Exert less physical effort



Wear light clothing



Take a cold bath or shower

WHERE TO GO TO COOL DOWN

- * **Point St. Charles Community Clinic**
500 Ash Avenue · 1955 Centre Street
- * **Carrefour d'éducation populaire de Pointe-Saint-Charles**
2356 Centre Street
- * **St. Charles Library**
1050 Hibernia Street
- * **Pavillon des aînés**
2401 Mullins Street



SIGNS TO WATCH OUT FOR



Very tired



Confused



Headache



Thirsty



Feeling dizzy



Red patches and rash on the skin

CALL INFO-SANTÉ AT

811



Fever higher than 38.5°C



Loss of consciousness

EMERGENCY

911

