

EXTREME HEAT WARNING IN TÉMISCAMINGUE VIGILANCE IS ESSENTIAL!

Rouyn-Noranda, July 3rd, 2018 – Since last Sunday, the sun and humidity have been working overtime especially in Témiscamingue! In this area, all the conditions are now present to be referred to as an extreme heat wave. Indeed, for a third day in a row, the temperature remains at high levels, both day and night. To reduce the adverse effects that this intense heat could have on the health of citizens, the Public Health Department of the Centre intégré de santé et services sociaux (CISSS) de l'Abitibi-Témiscamingue reminds you of the importance of being vigilant.

During a heat wave, the body's natural cooling mechanisms do not always regulate body temperature. Some groups in the population are more vulnerable to the effects of heat, including:

- Infants and young children (0 à 4 years old);
- People with chronic illnesses or mental health issues;
- The elderly.

One can also add to this list sports enthusiasts (to whom the feeling of invincibility can play tricks) and workers doing intense physical activities outside.

How to protect yourself

The best way to protect yourself is to avoid putting yourself in risky situations by taking certain simple precautions. The Public Health Department recommends that you apply the following measures:

- Drink plenty of water, without waiting to be thirsty;
- Avoid alcohol, coffee and very sweet beverages that promote dehydration;
- When possible, spend a few hours a day in an air-conditioned area;
- Look for cool, shady areas;
- While out in the open, wear a hat and choose light, light-colored clothing;
- Reduce the intensity of physical activities and move tasks that require great effort to times of the day when it is less hot, such as in the morning.

Precautions for vulnerable groups

Everyone must look after the well-being of persons with limited autonomy, such as toddlers and seniors. Remember to offer water to infants between feedings or increase feeding frequency. Never leave a child alone in a car or in a poorly ventilated room. Check-in with your older loved ones by phone or a visit to make sure everything is alright. Also remind them of the tips listed above to prevent dehydration and heat stroke.

For more information on the effects of heat on health, the CISSS de l'Abitibi-Témiscamingue invites you to consult its website at www.sante-abitibi-temiscamingue.gouv.qc.ca or to contact Info-Santé at 8-1-1. In case of an emergency, call 911.

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