



40° —  
30° —  
20° —







# It's really HOT!

## Precautions to take for children

During very hot weather, the health of a child under 5 years old can deteriorate quickly.

### Make sure to:

-  Have the child **drink water regularly** and carry a water bottle if possible
-  Cool the child's skin with a **wet towel** several times a day
-  Have the child take a **cool bath** as often as needed
-  Have the child spend a **few hours a day** in an **air-conditioned or cool location**



Plan the child's outside activities ideally **before 10:00 am and after 4:00 pm**



Dress the child in **light-coloured clothing**



Cover his or her head with a **wide-brimmed hat**

For babies who are nursing, let them nurse on demand. It's perfectly normal for **them to nurse more often**.



For babies who drink formula, offer it more often. For babies over six months, offer small amounts of water after or in between feedings.

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

### Important signs to watch for:

- less urine or dark urine
- dry skin, lips or mouth
- headache, vomiting or diarrhoea
- abnormal, pale or red skin colour
- circles under the eyes and eyes may appear sunken
- elevated body temperature, 38.5°C or higher (rectal)
- unusually agitated, irritable or confused
- difficulty breathing
- drowsiness, increased sleep and difficult to wake up

Does your child present one or more of these signs? Do you have any health-related questions?  
Call Info-Santé by dialling **811** or speak to a nurse or doctor.

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

Learn more at: **Québec.ca**