

## **First Heat Warning of the Summer: A reminder from the Director of public health of preventive measures to take**

**Montréal, 2015-07-28.** The first heat warning of the summer has been issued for Montréal. Dr. Richard Massé, director of public health, would like to remind the public of precautions to take to prevent heat-related health problems.

"The most effective measures to protect yourself against the harmful health effects of high heat are to spend a few hours a day in a cool, ideally air-conditioned place, drink a lot of water and cut back on activities that require effort", says Dr. Massé. "These measures are especially important for older adults and people with chronic illnesses, mental health problems, or drug or alcohol problems."

### **Health impacts of extreme heat**

When it's very hot, anyone can suffer from health problems such as dehydration, fatigue, dizziness or discomfort. However, people with heart, lung or kidney diseases, diabetes, and mental health or substance abuse problems might also lack the capacity to cope with the heat and see their health condition worsen.

### **Keeping a close watch on people at risk and young children**

Dr. Massé also recommends that you contact friends and family members who are elderly or who suffer from physical or mental health problems in case they need help, or to take them to an air-conditioned place. "As for children, we can never insist enough on the importance of never leaving them alone in a car, even for a few minutes."

For more information, call Info-Santé at 8-1-1 In case of an emergency, call 9-1-1.

For more information about heat waves: [www.santemontreal.qc.ca/chaleur](http://www.santemontreal.qc.ca/chaleur).

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