

It's very hot!

Pay attention to children!

This message is intended for school principals, teachers and parents

Children are particularly vulnerable to the effects of extreme heat. This is why we recommend that you take special precautions during periods of extreme heat in order to prevent occurrences of heat stroke.

- ❁ Allow children to have free access to water and encourage them to drink often.
- ❁ In school environments, find alternate solutions for classrooms which are known to be the hottest (e.g. window blinds, temporary relocation to a cooler room, a basement or lower floor, etc.).
- ❁ Relocate activities to cooler environments (tree shade, public library, etc.).
- ❁ Change the schedule to feature physical activities early in the morning or at the end of the day.
- ❁ Identify nearby locations or shelters which offer cooler temperatures (shade, air conditioning).
- ❁ Cancel outdoor athletic events, especially if they require physical endurance.
- ❁ As much as possible, limit or excuse children suffering from acute or chronic illnesses from participating in physical activities.
- ❁ Encourage children to wear light colours and loose clothing as well as wide brim hats.
- ❁ Encourage children to wear sunscreen in order to avoid the adverse effects of sun damage due to UV rays.



Important warning signs in children:

- Fatigue
- Headache
- Hyperventilation
- Rapid pulse
- Dizziness
- Agitation
- Drowsiness
- Confusion
- Nausea
- Vomiting

If a child has one or more of these warning signs, call Info-Santé (8-1-1) or see a doctor.