



## **Heat waves are trying, be prepared.**

The Argyle / St-Lambert Users Committee would like to remind you of some precautions to stay safe during times of heat waves.

### **WHAT IS A HEAT WAVE?**

If the temperature exceeds 35 degrees during the day and more than 20 degrees at night, for several consecutive days, it's considered a heat wave.

### **RISKS FOR YOU**

You are more vulnerable to the effects of a heat wave, if you take certain medications or if you have an illness that reduces your tolerance to heat.

In case of hot weather, **you are especially exposed to the risk of dehydration:**

- **Sweating disorders:**

During hot weather, you produce less sweat than younger people. So you have more trouble adapting your body to high temperatures.

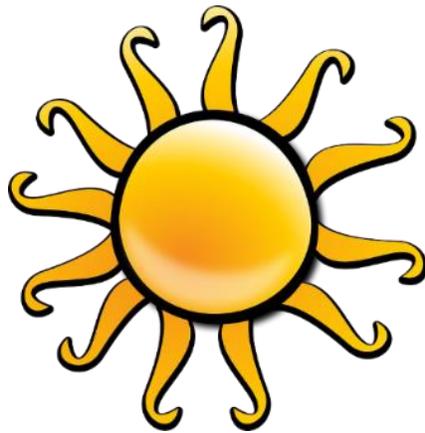
- **Disruption of the mechanism of thirst:**

Normally the feeling of thirst appears as soon as the body needs water to maintain its balance, but for you, it comes with a delay. So you have to learn to drink, even before you are really thirsty, whether during or outside the heat wave period.

## **A FEW TIPS**

Even if you still feel young of heart and spirit, you are more vulnerable to the effects of heat waves because of your age. That said, there is no need to worry if you follow these simple tips:

- Drink more water than usual.
- Limit your consumption of tea, coffee and alcohol to avoid dehydration.
- Eat fruits and raw vegetables if you have trouble swallowing liquids,
- Eat normally, even if you are not hungry.
- Avoid going out at the hottest hours of the day (11am-3pm).
- Wear a hat, loose clothing and light colors when going outside.
- Rest.
- If possible, stay in an air-conditioned room.



*A great summer to all !*