

IT'S REALLY HOT!

PAY ATTENTION TO YOUNG CHILDREN!

Tips to prevent dehydration in infants and children aged 4 and under

- Give the child something to drink more often, even when the child is breastfed or bottle-fed
- Cool the child in a tub of warm water several times a day
- Avoid exposing a child to the sun and taking him or her outdoors during the hottest part of the day
- If you have to go out, make sure the child is wearing light clothing and cover his or her head with a wide-brimmed hat
- If possible, spend a few hours with the child in an air-conditioned area

Never leave a child alone in a car, even for a few minutes

Signs to watch for in a child

- Wets fewer than 4 diapers in a 24-hour period
- Urinates less often and urine is darker
- Skin, lips and mouth are dry
- Is abnormally agitated or irritable
- Has sunken eyes and dark circles under the eyes
- Sleeps a lot and is hard to awaken
- Has difficulty breathing
- Skin is an abnormal colour, pale or red
- Body temperature is high: 38.5 °C or over (rectal)
- Has headaches, vomiting or diarrhoea



**If the child shows any of these signs,
call Info-Santé at 8-1-1 or consult a doctor**