



**Little
Brothers** Embracing
the Elderly

HOT WEATHER SAFETY GUIDELINES

PHONE CALLS TO OUR GREAT FRIENDS

Before you call:

*Dial *67 **before** the person's phone number to keep your personal number private.*

- ✓ When your Great Friend answers the phone, take the time to introduce yourself and explain that you are calling on behalf of Little Brothers.
- ✓ Mention that the specific reason for your call is the recent and ongoing hot spell.
- ✓ Enquire as to how they are doing.
- ✓ Ask if they are comfortable and feel safe in their home.
- ✓ By which means are they keeping cool (e.g., air conditioning, ventilation)? Do they need a fan?

Remind them of the following heatwave tips:

- ✓ Drink lots of water throughout the day (6 to 8 glasses). Don't wait until you feel thirsty.
- ✓ Spend a few hours everyday in a cool or air-conditioned location, if possible.
- ✓ Draw the curtains or blinds during the day and, if possible, open the windows at night when the temperature drops.
- ✓ Cool down with lukewarm water (shower, bath, wet facecloth).
- ✓ Wear lightweight, loose-fitting clothing and avoid dark colors.
- ✓ Check in regularly with people around you and with Little Brothers.
- ✗ Avoid going outside whenever possible; if you must, stay in the shade and wear lightweight clothing and a hat.
- ✗ Do not leave a fan blowing directly on you as this can cause dehydration.
- ✗ Postpone tasks that involve physical exertion.
- ✗ Postpone tasks that involve prolonged use of heat-generating appliances (e.g. oven or dryer).
- ✗ Avoid alcohol and caffeine.

If you're not feeling well or have health-related questions:

- ✓ Call Info-Santé 811 or speak to a nurse or doctor.
- ✓ If you need immediate medical attention, call 911.