



Beat the Heat and Sun!

- Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- Dress children in loose, lightweight, light-colored clothing.
- Schedule outdoor activities carefully, for morning and evening hours.
- Stay cool with cool showers or baths.
- Seek medical care immediately if your child has symptoms of heat-related illness.
- Our bodies create a lot of heat. Normally, we are cooled through sweating and by heat radiating through the skin.

Help protect your children from heat illness

- Teach your children to always drink plenty of fluids before and during activity in hot, sunny weather — even if they're not thirsty.
- Make sure kids wear light-colored, loose clothing and use sunscreen when outdoors.
- Teach kids to come indoors, rest, and hydrate immediately whenever they feel overheated.

Heat Illness – heat exhaustion and heatstroke

In very hot weather, high humidity, and other conditions, our natural cooling system may begin to fail, letting heat in the body build to dangerous levels. They can cause heat illness, such as heat exhaustion, or heatstroke.

Heat Exhaustion (elevation of body temperature, but less than 104°F)

Heat exhaustion can occur when someone in a hot climate or environment hasn't been drinking enough fluids.

What to Do:

- Bring your child to a cooler place indoors, an air-conditioned car, or shady area.
- Remove your child's excess clothing.
- Encourage your child to drink cool fluids containing a small amount of salt and sugar, such as sports drinks.
- Put a cool, wet cloth or cool water on your child's skin.
- Call your doctor for advice.

Heatstroke (Body temperature can soar to 106°F or even higher)

The most severe form of heat illness is heatstroke. Heatstroke is a life-threatening medical emergency.

In heatstroke, the body cannot regulate its own temperature. Body temperature can soar to 106°F (41.1°C) or even higher, leading to brain damage or even death if it isn't quickly treated. Prompt medical treatment is required to bring the body temperature under control.

Factors that increase the risk for heatstroke include overdressing and extreme physical activity in hot weather with inadequate fluid intake.

What to Do:

Call for emergency medical help if your child has been outside in extreme temperatures or another hot environment and shows one or more of these symptoms of heatstroke:

- severe headache
- weakness, dizziness
- confusion
- nausea
- rapid breathing and heartbeat
- loss of consciousness
- seizure
- no sweating
- flushed, hot, dry skin
- temperature of 104°F (40°C) or higher

While waiting for help:

- Get your child indoors or into the shade.
- Undress your child and sponge or douse him or her with cool water.
- Do not give fluids unless your child is awake, alert, and acting normally.