

EXTREME HEAT

for Small Children

Extreme heat poses serious risks for small children. They overheat faster than adults, dehydrate quickly, and are more prone to heat stroke. **Use these tips to keep them safe on hot days.**

Tips to Stay Cool and Safe



Do not cover

young children in a stroller when it is hot.



Do not leave children in the car.



Encourage your child to take frequent breaks in the shade during outdoor play, or schedule playtime for the cooler parts of the day.



Ensure your child spends time **in air-conditioned spaces or cool places.**

Check For Heat-Related Symptoms

Be aware of heat exhaustion and heat stroke symptoms.



Dizziness



Nausea



Confusion

Other signs can include: rapid heartbeat, flushed skin, and muscle cramps.

Ensure Proper Hydration



Make sure your child carries a water bottle

Remind them to drink water and refill it throughout the day



Check to ensure regular urination

When it is light yellow or clear, it usually means they are drinking enough water.

Sun and Air Quality



Dress your kids for the heat

Make sure they wear loose, light-colored clothing



Make sure they use sunscreen, hats, and sunglasses to protect them from the sun



If the Air Quality Index is more than 100, **limit outdoor activity.**

Have a Plan

Know basic first aid for heat-related illnesses.

- **Watch Out for Medication Effects:** Some medicines can lead to dehydration or overheating. Always consult your doctor before changing your child's medication.
- **Prepare for Power Outages:** Plan for power outages to protect refrigerated medicines and devices.