



Extreme Heat Safety

for babies

Did you know?

Extreme heat days are becoming more common as the climate gets warmer. When it's hot, babies are more in danger than adults of becoming dehydrated.

Action Plan

- Keep cool:**
 - Keep babies in cool spaces, ideally with air-conditioning. Coverings should match adults' clothing plus one light layer.
 - In very warm settings, sponge babies with lukewarm water.
 - Never leave a baby alone in a car.
 - When outside, keep babies out of direct sunlight. If in the sun, lightweight cotton clothing and hats help protect their skin. Use sunscreen on small parts of babies' skin that aren't covered with clothes.
- Keep hydrated:**
 - Babies under 6-months old may require extra breastmilk or formula feeds. Babies over 6-months old can be offered cool water in addition to normal feeds.
- Recognize heat-related illness:** Floppiness, fewer wet diapers, dry mouth, fewer tears when crying, and refusal to feed.

[more](#) →



- o If your child has been in the heat and has these symptoms, call your pediatrician right away or go to your nearest emergency department.

Resources

Learn more about how to protect your children from extreme heat: visit [healthychildren.org](https://www.healthychildren.org) for “Extreme Heat: Tips to Keep Kids Safe When Temperatures Soar” and search for “Signs of Dehydration in Infants & Children.”

Learn about how to keep your children safe in summer: visit [cdc.gov/disasters](https://www.cdc.gov/disasters), select “Extreme Heat”, choose “Protecting Disproportionately Affected Populations from Extreme Heat” and click on “Infants and Children.”

For more resources regarding extreme heat safety:

- [health.ny.gov](https://www.health.ny.gov) for “Extreme Heat Advice”
- [ocfs.ny.gov](https://www.ocfs.ny.gov) for “Protecting children from excessive summer temperatures”
- [HeatRisk](#) is a map that uses your zip code to display daily extreme heat risk.

For more information, visit [nyscheck.org/rxs](https://www.nyscheck.org/rxs)

