Extreme Heat Safety during pregnancy

Did you know?
It is harder for pregnant people to stay cool during hot days. Overheating - especially during the first trimester - can have health effects for the baby.

Action Plan

- **Keep cool:**
  - On hot days, spend time in cool or air-conditioned areas at work, at home, and in your community.
  - Take lukewarm (not cold which reduces blood flow to skin) showers when you are feeling overheated.
  - Wear lightweight, light-colored clothing.
  - Avoid the sun during the hottest hours – 10 am to 4 pm. A wide-brimmed hat can protect you from sun and keep you cooler.

- **Keep hydrated:** Drinking lots of non-caffeinated fluids on hot days can help keep your body temperature down.

- **Recognize the signs and symptoms of heat-related illness:** Warm skin, headaches, dizziness muscle cramps and nausea.
  - Call your doctor right away if you’ve been in the heat and have these symptoms.

Resources


For real-time heat index and resources on planning outdoor activities, download the Heat Safety Tool App: cdc.gov/niosh and search “Heat Safety Tool App.”

For more advice for pregnant people during hot weather: urmc.rochester.edu and search “Hot Weather Tips for Pregnant People.”

For more resources regarding extreme heat safety:

- health.ny.gov and search “Extreme Heat Advice”
- ocfs.ny.gov, search “Protecting children from excessive summer temperatures,” and click the first link

For more information, visit nyscheck.org/rxs