



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.

[more](#) →

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Resources

Learn about the risks of heat exposure in the workplace during pregnancy at [cdc.gov/niosh](https://www.cdc.gov/niosh). Search "Reproductive Health and Heat," and select "Heat-Reproductive Health."

For real-time heat index and resources on planning outdoor activities, download the Heat Safety Tool App: [cdc.gov/niosh](https://www.cdc.gov/niosh) and search "Heat Safety Tool App."

For more advice for pregnant people during hot weather: [urmc.rochester.edu](https://www.urmc.rochester.edu) and search "Hot Weather Tips for Pregnant People."

For more resources regarding extreme heat safety:

- [health.ny.gov](https://www.health.ny.gov) and search "Extreme Heat Advice"
- [ocfs.ny.gov](https://www.ocfs.ny.gov), search "Protecting children from excessive summer temperatures," and click the first link

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

