



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 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' exposed skin.
- **Keep hydrated:**
 - Babies under 6-months old may require extra breast or bottle 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.
 - If your child has been in the heat and has these symptoms, call your pediatrician right away or go to your nearest emergency department.

[more](#) →

Signature _____

Date _____

Resources

Learn more about how to protect your children from extreme heat: visit [healthychildren.org](https://www.healthychildren.org) and search "Protecting Children from Extreme Heat-Information for Parents" and "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," and click "Infants and Children."

For local resources regarding extreme heat safety:

New York State	health.ny.gov and search "Extreme Heat Advice" ocfs.ny.gov , search "Protecting children from excessive summer temperatures," and click the first link
New Jersey	nj211.org/summer-heat
Puerto Rico	salud.gov.pr y busque "ola de calor"

For more information, visit [icahn.mssm.edu/research/pehsu/information](https://www.icahn.mssm.edu/research/pehsu/information)