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:
  o Keep babies in cool spaces, ideally with air-conditioning. Coverings should match adults’ clothing plus one light layer.
  o In warm settings, sponge babies with lukewarm water.
  o Never leave a baby alone in a car.
  o 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:
  o 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.
  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 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, 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”
| New Jersey | ocfs.ny.gov, search “Protecting children from excessive summer temperatures,” and click the first link
| Puerto Rico | salud.gov.pr y busque “ola de calor”

For more information, visit icahn.mssm.edu/research/pehsu/information