



Extreme Heat Safety

for children

Did you know?

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

Action Plan

□ Keep cool:

- On hot days, make sure you have access to air-conditioning, either in your home or a public space.
- Dress children in lightweight, light-colored clothing.
- Never leave a young child alone in a car on a hot day (or any day) even if the window is open.
- Protect skin from sunburn with lightweight cotton clothing and hats. Use sunscreen on exposed skin.

□ Keep hydrated:

- Bring lots of water when going on outings with children.
- Ask your children to drink often even if they're not thirsty.

□ Recognize the signs and symptoms of heat-related illness:

warm skin, headaches, dizziness muscle cramps and nausea.

- 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)