



# 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](#) →

Signature \_\_\_\_\_

Date \_\_\_\_\_

## 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 local resources regarding extreme heat safety:

New York State	<a href="https://www.health.ny.gov">health.ny.gov</a> and search "Extreme Heat Advice"
New Jersey	<a href="https://www.nj211.org/summer-heat">nj211.org/summer-heat</a> NJ Climate Change Resource Center: <a href="https://www.njclimateresourcecenter.rutgers.edu">njclimateresourcecenter.rutgers.edu</a>
Puerto Rico	<a href="https://www.salud.gov.pr">salud.gov.pr</a> y busque "ola de calor"
U.S. Virgin Islands	<a href="https://www.doh.vi.gov">doh.vi.gov</a> and search "During Pregnancy"

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