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:**
  o On hot days, spend time in cool or air-conditioned areas at work, at home, and in your community.
  o Take lukewarm (not cold which reduces blood flow to skin) showers when you are feeling overheated.
  o Wear lightweight, light-colored clothing.
  o 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.
  o Call your doctor right away if you’ve been in the heat and have these symptoms.

Resources


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

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

For local resources regarding extreme heat safety:

<table>
<thead>
<tr>
<th>State</th>
<th>Website/Link</th>
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<tbody>
<tr>
<td>New York State</td>
<td><a href="http://health.ny.gov">health.ny.gov</a> and search “Extreme Heat Advice”</td>
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<tr>
<td>New Jersey</td>
<td><a href="http://nj211.org/summer-heat">nj211.org/summer-heat</a></td>
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<tr>
<td>NJ Climate Change Resource Center: <a href="http://njclimateresourcecenter.rutgers.edu">njclimateresourcecenter.rutgers.edu</a></td>
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<tr>
<td>Puerto Rico</td>
<td><a href="http://salud.gov.pr">salud.gov.pr</a> y busque “ola de calor”</td>
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<td>U.S. Virgin Islands</td>
<td><a href="http://doh.vi.gov">doh.vi.gov</a> and search “During Pregnancy”</td>
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For more information, visit [icahn.mssm.edu/research/pehsu/information](http://icahn.mssm.edu/research/pehsu/information)