

HOT WEATHER HAZARDS

Tips to Prevent Heat-Related Illnesses

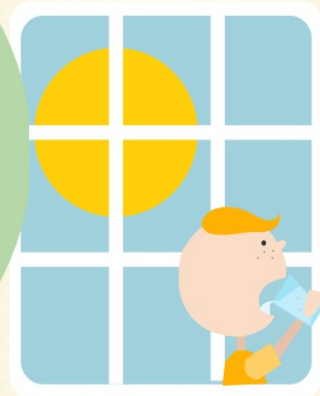


1. Seek shade from the sun between 10am and 4pm

The sun's rays are most dangerous between 10am and 4pm.



2. Drink water before you're thirsty and take breaks from the sun to prevent dehydration and heatstroke



3. Avoid heatstroke death by never leaving a child alone in a vehicle

662 children have died from vehicle-heatstroke since 1998.



A child 8-14 years old can lose up to a quart of sweat during two hours of activity on a hot day.

4. Take action and call 911 if you see a child alone in a vehicle



5. Apply SPF 30+ sunscreen 15-20 minutes before sun exposure

A severe sunburn in childhood greatly increases your risk of skin cancer as an adult.



6. Wear a wide-brimmed hat, loose fitting clothes, & sunglasses with UV protection

A child can get burned after 10 minutes in the sun, even on a cloudy day.

Treating Heat-Related Illnesses

Dehydration

Thirst
Dizziness
Fatigue
Nausea
Dark yellow urine

Cramps
Headache
Weakness
Dry Mouth
Irritability



Know the signs and symptoms!



If your child is dehydrated,

- Rest them in a cool place until fluids are replenished
- Let them drink as much water as they want



Heatstroke

Heatstroke is a severe medical emergency. Call **911** immediately if your child experiences the following:

Throbbing headache Confusion Body temperature over 103°
Loss of consciousness Shallow breathing

Sunburn

Apply cool water compresses for 10-15 minutes, a few times a day.

Use aloe vera or hypoallergenic moisturizer to soothe skin.

If there is swelling, ask your pediatrician about giving a dose of acetaminophen or ibuprofen.

Seek immediate medical attention if sunburn causes extreme pain.