

Extreme Heat: Keeping Kids Safe

Infants and children up to age 4 are very sensitive to heat and need caregivers to keep them healthy in very hot weather.

Other children likely to have serious problems due to heat include: those who rarely exercise, have been sick from heat before, are overweight or obese, drink caffeinated drinks, have disabilities, or other health conditions like diabetes.



Did you know?

A child's body makes more heat than an adult's body. Children also sweat less than adults and often don't drink enough water during exercise and when it is hot. This is why children are more at risk of heat-related illnesses.

Help Children Stay Cool and Safe

- Use air conditioning to keep cool or go to an air-conditioned place such as a store, public library, restaurant, or cooling center.
- Dress children in lightweight clothing.
- Make sure they drink lots of fluids. Water, juices, or sports drinks for children. Breast milk, formula, milk, or drinks like Pedialyte for infants.
- Check for signs of heat-related illness and dehydration. Signs to look for in young children: less urine, no tears when crying, dry or sticky mouth, crankiness, and fatigue.
- Follow the guidance on the Tips to Beat the Heat factsheet.

Never Leave a Child Alone in a Car

- Heat can rise quickly in a car, even when the windows are open. Temperatures can go up 20 degrees in just 10 minutes.
- Always make sure all children have left the car when you get out.
- Check to make sure your child's car seat and seat belts are not too hot before putting your child in the car, especially if your car has been parked in the sun.
- Teach children not to play in, on, or around cars.



Keep Cool, Drink Fluids, and Lie Low




- Call 211 for cooling center locations
- Call Maine CDC for advice: 866-292-3474, TTY: Call Maine Relay 711
- Learn more at <https://go.usa.gov/xJjxB>

Extreme Heat: Play it Cool

Tips for Coaches, School, and Camp Staff

The risk of heat-related illness is greater within the first few days of activity in a hot environment. That's why it's best to take it easy at first, and gradually increase the amount of activity - and the amount of any protective equipment - as the days pass. Young athletes may need up to two weeks to safely acclimate to the heat. In addition, follow these safety guidelines on days when the weather is unusually hot:

- Lower the intensity of any physical activity lasting more than 15 minutes, especially if both heat and humidity are high.
- Be aware that large athletes, even those in good condition, may be more likely to get heat stroke because they may have larger body mass and create more heat.
- Make sure that young athletes drink plenty of fluids like water or a sports drink before practice and every 15 to 60 minutes during practice, even if they are not thirsty.
- Have a plan for dealing with heat-related illness.

Heat Exhaustion		Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none">• Move to a cooler area• Loosen clothing• Sip cool water• Seek medical help if symptoms don't improve	<p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none">• Move person to a cooler area• Loosen clothing and remove extra layers• Cool with water or ice
<p><i>Heat exhaustion can lead to heat stroke.</i></p>		<p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>
	<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

Additional symptoms:

Cool, pale, clammy skin & muscle cramps | Red, hot, dry skin & headache

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