

Children and heat — Protect infants, kids, and teens

Keep your child safe during hot weather

Make sure your child does not get overheated. Children can have serious health problems from heat, even on warm days.

Heat illness symptoms

- Dry skin, dry mouth, or heavy sweating
- Dark-colored pee or very little pee
- Crying without making tears
- Muscle cramps
- Fast heart rate or fast breathing
- Headaches, dizziness, or irritability

Heat stroke – call 911 immediately

- Nausea or vomiting
- Confusion or sleepiness
- Slurred speech
- Seizures
- High fever

When to call for help

- Call your child’s doctor or go to the clinic immediately if your child can’t cool down.
- Call 911 immediately if your child has symptoms of heat stroke, which can be life-threatening.

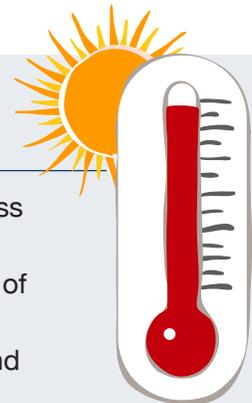
Children are at added risk of heat illness if they...

- Cannot tell you when they feel hot.
- Are strapped into a car seat or stroller.
- Are active in outdoor sports.
- Wear heavily padded sports gear (such as shoulder pads or helmets).
- Live or go to school in an area with little shade, or with a lot of roads and parking lots.
- Cannot easily get to a cool place, such as a cooling center, mall, or other air-conditioned space.
- Have a health condition that makes them more likely to get heat illness. Ask your health care provider if your child is more at risk.



Why are children more likely to get sick from heat (heat illness)?

- Children are at risk of overheating because of their small size, and they have less ability to regulate their core body temperature.
- Children need help to cool down — moving to a cooler space, taking off layers of clothing, or getting a drink.
- Heat related health problems in children are increasing because hot weather and extreme heat events are becoming more common.



Protecting kids from heat illness

For all children

- Never leave your child in a parked car, even if the windows are open.
- Offer sips of water and remind your child to drink often, even before they ask for it.
- Offer your child water-rich foods like watermelon, spinach, berries, cucumber.
- Take your child to cooling centers, malls, or other air-conditioned places.
- Do not use fans when the temperature inside your home is above 90° F (32°C), because they don't cool the air and can make your body hotter.
- Mist or sponge your child's skin with water to cool them off more quickly. Always supervise children in baths or pools.
- Let kids play outside during cooler times of the day (early morning and later evening). Make sure your child takes frequent breaks to cool off, rest, and drink.
- Dress your child in loose, light-colored clothing.
- Make sure play structures (like slides and swings) and the ground aren't hot before your child plays, and make sure your child wears shoes on hot playground surfaces to avoid burn.



Infants and toddlers

- Never leave your child in a parked car, even if the windows are open.
- Make sure your child has plenty of breastmilk or formula to drink.
- If you are breastfeeding, make sure you drink plenty of water.
- Monitor diapers closely. If your baby goes 8 hours without peeing, call your child's doctor.
- Do not over-bundle your baby. When outside, stay in the shade.

Youth Athletes

- Make sure your child's athletic program follows **established** guidelines to prevent heat illness, including canceling activities when temperatures are high.
- Encourage your child to drink water before, during, and after practice.
- Athletes should make sure they're hydrated. Urine should be the color of lemonade. If it's dark, like the color of apple juice, they need to drink more water.
- Make sure there are ways to cool down during practice (wet towels, ice bags).
- Have your child take breaks often to avoid overheating, especially on hotter days.
- Gradually increase the intensity of training in the first two weeks of the season.

More information about children and heat



For additional resources, scan the QR code or visit www.oehha.ca.gov/risk-assessment/health-effects-climate-change-during-pregnancy-and-childhood