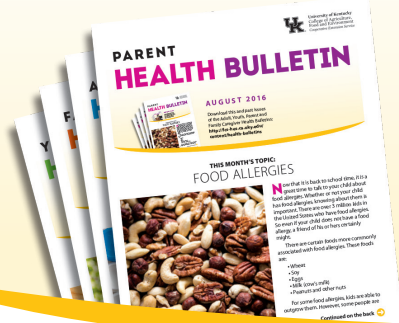


PARENT HEALTH BULLETIN



JULY 2019

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: PROTECT AGAINST SUMMER HEAT



Summertime is here, meaning more time spent working and playing outside. This leads to a higher risk for heat-related illnesses. A heat-related illness happens when a person's body temperature control system is overworked. Those who are at the greatest risk are infants and children up to 4 years of age. Even young and healthy children can suffer from the heat during the summer months.

Prevention

The best ways to prevent heat-related illness are water, rest, and shade. The CDC recommends you follow these practices to prevent heat-related illness during hot weather:

- Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- Dress infants and children in loose, lightweight, light-colored clothing.

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- Stay hydrated. Encourage your children to drink water regularly and always have it available.
- Schedule outdoor activities carefully, for morning and evening hours.
- Plan for extra rest time.
- Stay cool or cool off with cool showers or baths.
- Find an air-conditioned space. If your home does not have air-conditioning, find a nearby building that does.
- Seek medical care immediately if your child has symptoms of heat-related illness.

Symptoms

Call your pediatrician immediately if your child develops any of the following heat-related symptoms:

- Feeling faint
- Extreme tiredness
- Headache
- Fever
- Intense thirst
- Not urinating for many hours
- Vomiting
- Breathing faster or deeper than normal
- Skin numbness or tingling
- Muscle aches
- Muscle spasms
- Nausea

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What to do while waiting for help

While waiting for help or your pediatrician's guidance:

- Bring your child to a cooler place indoors, an air-conditioned car, or shady area.
- Encourage your child to drink cool fluids containing salt and sugar, such as sports drinks.
- Remove your child's excess clothing if suffering from heat exhaustion or a heat stroke.



Encourage your children to drink water regularly.

- Put a cool, wet cloth or cool water on your child's skin.

To help prevent and protect your child from heat illness, remind them to drink plenty of fluids (even if they are not thirsty) and to come inside to rest if they feel overheated.

RESOURCES

- <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Protecting-Children-from-Extreme-Heat-Information-for-Parents.aspx>
- <https://www.cdc.gov/family/kids/summer>
- <https://kidshealth.org/en/parents/heat.html>

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