



# Help for When it's Hot

## Information for Children and Parents

**Children are more sensitive to heat and dehydration than adults.** It is important to be aware of the time young children spend outdoors in hot weather, especially if they are being active or playing sports. Heat illness can affect children who are otherwise healthy and fit. Below are tips to stay cool, and what to do if a child shows signs of heat-related illness.

### Stay Cool

- Make sure children drink lots of water during and after play.
- Dress children in light, loose clothing.
- Find a cool place for children to rest and sleep.
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- Gradually build up time spent playing outdoors over 1-2 weeks.

### Heat Exhaustion

#### SYMPTOMS

- Heavy sweating
- Extreme weakness
- Dizziness
- Nausea, vomiting
- Rapid heartbeat
- Shallow breathing

#### WHAT TO DO

- Remove excess clothing
- Rest in a cool area
- Take a cool shower, bath, or sponge bath
- Drink plenty of water

### Heat Stroke

#### SYMPTOMS

- Confusion
- Rapid pulse
- Seizures
- Loss of consciousness
- Body temperature of 103° or higher
- Hot, dry skin or profuse sweating

#### WHAT TO DO

Call 911. Heat stroke is an emergency. While you wait for help, move to an air-conditioned space, and cool down with cold towels and ice.



**Never leave children in a car on a hot day.** Let your car cool down before putting children inside. It takes a very short amount of time for a child to overheat.



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