



BEAT THE HEAT

WITH THESE SUMMER SAFETY TIPS

As parents, it's up to us to make sure our children don't come home dehydrated and overheated.

Here are some tips to keep your kids safer when the temperatures rise:

Avoid peak sun hours

Schedule outdoor activities early in the morning before the sun reaches its peak. Bring kids inside for a rest during the day's hottest hours, usually between 10 a.m. and 4 p.m.

Hydrate before, during, and after activity

To prevent dehydration, make sure your child drinks 16-24 ounces of fluid 10-15 minutes before activity begins and breaks for water during playtime.

PRO TIP:

If mornings are a bad time for scheduled activity, plan plenty of breaks from the sun throughout the day. For more hydration tips, see page 08.

HEAT SYNCOPE

Becoming lightheaded or fainting during exercise

Treatment: Find a shaded area, lay your child on the ground, and raise their legs. This helps blood get back to the heart.

[Learn more about Heat Syncope.](#)

HEAT EXHAUSTION

May feel hot, tired, weak, or dizzy while sweating profusely

Treatment: Remove your child from activity and put him or her in a shaded/cool area. Lay your child on the ground and raise their legs about 12 inches. Make sure you replenish lost fluids and use ice wrapped in towels to help cool down.

HEAT CRAMPS

Painful and localized cramps that are usually visible and make muscles feel hard.

Treatment: Rehydrate with water and sports drinks. Use light stretching and ice massages on the cramped muscle to relieve cramping.

[Learn more about Heat Cramps.](#)

Beat the heat with these items when out and about with your child:

- Hats
- Sunscreen
- Sunglasses
- Aloe
- Ice packs
- Towel (can be soaked with cool water)
- Water
- Cold compress
- Sports drinks

For more information about keeping your child safe in the heat, talk to your pediatrician.

**PRO TIP:**

On both sunny and cloudy days, apply sunscreen with SPF 15

On both sunny and cloudy days, apply sunscreen with SPF 15 or greater that protects against UVA and UVB rays. In addition to dressing for the weather, apply sunscreen 15-30 minutes before sun exposure and repeat. Reapply sunscreen every two hours.