



Heat Illness

Children can get too hot and very sick, very fast. Heat exhaustion can occur if a child gets too hot, loses fluid by sweating, and does not drink enough fluids. The child may be weak or dizzy, have nausea or muscle cramps, or may faint.

- ✓ Move the child to a cool place. Cool his body with wet cloths or cool water.
- ✓ If awake, encourage him to drink water.
- ✓ If he does not feel better in a few minutes, or if his temperature goes up (fever), call emergency help (911)!

Heat stroke is life-threatening! Heat stroke causes the body temperature to rise very high, very fast. Body temperature can quickly reach 108°F or higher.

A child with heat stroke may have hot, red and dry skin (no sweating) and a fever. The child may also have a rapid heartbeat, headache, or breathing problems and may seem confused, faint, or have convulsions.

You must cool the child fast to avoid permanent damage to the central nervous system or death. Call for emergency help (911)!

- ✓ Pour lots of cool water over the child's head and body. Do not get water in the nose or mouth.
- ✓ Move the child into an air-conditioned room or vehicle.
- ✓ Place cloth-wrapped cold packs in the child's armpits and groin area.
- ✓ If he is awake, give sips of cool water.

Never leave a child in a parked vehicle during hot weather. Even with the windows open, the temperature can reach 120° F in a few minutes.

Practice sun safety, every day, all year long.