

Tips to keep kids safe when temperatures soar

The National Weather Service says 90 degrees and above temps can pose a risk for children. High temps can cause dehydration, heat exhaustion, cramps, heat stroke and other illnesses. Keep an eye on your children and consult a doctor if any of the following symptoms develop: feeling faint, extreme tiredness, headache, fever, intense thirst, nausea, vomiting, muscle spasms or aches, breathing faster than usual, not urinating for many hours.



**BABY
READ |**

CAREN
VON HIPPEL

PLAYING IT COOL IN EXTREME HEAT.

Stay inside and play games or make crafts if you do not have access to a swimming pool or other water locations.

YOU DON'T HAVE AIR CONDITIONING?

Making a trip to the library or supermarket can be a great place to retreat from the heat if you don't have air conditioning. Power outages or inconsistent working air conditioning can create unsafe situations. If your town offers cooling centers in gyms or other locations, spend time there to retreat from the heat.

WHAT ABOUT FANS?

Close window blinds and curtains to keep out the sun and heat. If you have a fan, use it, but keep it in a safe location away from children. Fans should not be used in extreme heat (high 90s and up) because they don't cool the air and may cause the body temp to increase to an unsafe level.

TIPS TO BEAT THE HEAT IF YOU ARE OUTSIDE

Stay hydrated: It is very important for children to drink plenty of water so always have it available. Water bottles or canisters should accompany you whenever outside. Infants under 6 months should not be given water if they are breast feeding.

Dress lightly: Clothes should be loose fitting with plenty of ventilation and light colored. Light single layers can help maximize the evaporation of sweat, especially if the material is designed to absorb sweat and has a cooling effect. Sunscreen is a must.

Plan for extra rest time: Heat can be draining on both children and parents. Irritability can set in so take regular breaks and step inside for relief.

Cool off with water: Cool off with a mist spray to keep children from overheating. A simple spray bottle filled with cold water is a great way to cool down. Or wrap ice in a towel for a quick cool down.

And never leave your child alone in a car: In a very short time, the car can become an oven and create a dangerous situation for a child, even with the windows down.

Julia Robison-Schultze, a BabyRead volunteer, abstracted this article from American Academy of Pediatrics Council on Children and Disasters (Copyright © 2021) Updated 7/06/2023

BABYREAD'S MISSION is to raise the literacy level in Oconee County by encouraging moms/caregivers to read daily to children from birth. This prepares children for success in school and in life. Readers read with moms/caregivers in person at town or school libraries. Questions? Contact Caren von Hippel, Ph.D., Founder & President, at babyread@charter.net or (864) 643-8083 or visit babyread.org.