



Be Sun Smart: Heat Safety for Cool Kids

Hot weather can be dangerous for babies and young children. Here are ways to help keep them safe. **Share these tips with anyone who helps care for your baby or child.**

On the Go



Always take your child with you when you leave the car. Cars can heat up quickly and put your child at serious risk.



Keep strollers uncovered so air can flow. Covers can trap heat and raise the risk of overheating.

Sleep

Babies can get too hot while sleeping, especially in the summer. Getting too hot can raise the risk of sleep-related infant death.

Babies should sleep:



Alone (not in bed with you or anyone else)



In a crib or bassinet with nothing else in it—no pillows, blankets, or stuffed animals



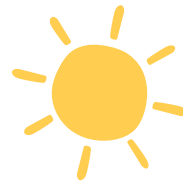
On their back



In a smoke-free space (no cigarettes, marijuana, or vaping near your baby)

- ➡ Dress your baby in light layers and leave their head uncovered. Too many layers can cause overheating. If you're worried they might get cold, use a light sleep sack.
- ➡ Keep the room cool with fresh air or a fan—just make sure you point it away from your baby.
- ➡ If your baby wakes up hot and fussy, gently wipe them with a cool, damp washcloth to help them cool down and fall back asleep.

Be Sun Smart: Heat Safety During Pregnancy



Pregnancy can make you more likely to get sick on very hot days. Heat exposure may also be dangerous for your developing baby. Your body must work harder to cool both you and your developing baby.

Follow these tips to help keep you and your baby safe on hot days.

- **Stay Hydrated:** Drink plenty of water throughout the day, before feeling thirsty.
- **Avoid Direct Sun and Peak Heat Hours:** Stay indoors between 10am and 4pm, if possible. Stay in the shade when outdoors.
- **Plan Travel and Appointments During Cooler Times:** Schedule appointments in the morning or evening when it's cooler.
- **Wear Lightweight, Breathable Clothing:** Wear loose-fitting, light-colored clothing.
- **Rest Often:** Rest often and avoid heavy activity.
- **Cool Down the Body:** Take a cool shower or place a cool, damp washcloth around your neck or wrists. Avoid using fans in closed rooms or rooms with temperatures in the mid-90s or higher.

Watch out for signs of heat-related illness, which include:



Unusually heavy sweating



Feeling lightheaded or dizzy



Confusion



Cramping



Nausea

► **Seek medical care if you experience these symptoms.**

On Code Red Extreme Heat days, several Baltimore City agencies coordinate the opening of cooling centers to offer air-conditioned spaces and cool water for residents.

Cooling center locations and hours can be found at the link below:

<https://www.baltimorecity.gov/health/emergency-preparedness/code-red-extreme-heat>