Hot Weather Guidance for Parents

Access to Water

- Access to sufficient amounts of drinking water is critical
- Ensure children are well hydrated. Plain water is the liquid of choice, diluted fruit juice is okay.
- Anticipate & plan for increased restroom breaks
- Discourage the consumption of sweetened & caffeinated beverages such as soda
- Don't wait until you are thirsty!

Outdoor Activity

- Take frequent breaks in shaded or air conditioned areas
- Have areas of shade available at all times
  - Indoors
  - Canopies, umbrellas or other temporary structures
- You should not wait until you feel sick to take a break

- Limit time outdoors and exertive physical activities when temperatures are most intense, between 11 a.m. and 4 p.m.
- Monitor daily heat advisories: National Weather Service 7-Day Forecast for San Diego County
- When outdoors, wear a wide brimmed hat & loose-fitting cotton clothes.
- Monitor children in wheelchairs and check the temperature of metal and vinyl parts.
- Check the temperature of metal and plastic playground equipment.
- Be aware of signs and symptoms of heat cramps, heat exhaustion, and heat stroke.
- Adults should role model appropriate heat and sun safety behaviors.

Heat Related Illnesses

- Symptoms of heat stroke: Hot, dry, and red skin, high temperature, rapid and weak pulse, rapid and shallow breathing, seizures; may be unconscious.
- Symptoms of heat exhaustion: Normal temperature, headache, nausea & vomiting, cool and clammy skin, faint feeling, weakness, nausea, cramps, confusion, and dizziness.

Actions to take for heat stroke and heat exhaustion

- Call 911 or arrange for immediate transfer to medical facility.
- Lie person down, elevate feet, and loosen clothing.
- Sponge bare skin with cool water (do not use ice water or alcohol), may use fans.
- Give sips of water or sport drinks, in small amounts if alert only.
- Keep person cool (in air conditioned room or repeated sponging with cool water

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