

PROTECTING CHILDREN AND STAFF IN DAYCARES AND CAMPS DURING HOT WEATHER

Extreme heat can be serious and life threatening if steps are not taken to protect people from it, especially for the elderly, children and people who work outside. People with asthma or other respiratory illnesses may also be at risk of heat-related illness. Here are some tips to help children and staff stay healthy in summertime heat:

- Limit physical activity. Try to organize activities that do not require a lot of physical activity like arts and crafts or board games
- Keep children and staff indoors, if possible, or in a cool area out of direct sunlight. Use air conditioning if possible
- Limit outdoor activity to early morning and evening hours
- Rest often in shady areas
- Use sunscreen (SPF 15 or higher), wide brimmed hats and sunglasses
- Have children and staff drink more fluids, even if they're not thirsty. Avoid caffeine, or large amounts of sugar and very cold drinks that could cause stomach cramps. A sports beverage can replace the salt and minerals lost in sweat
- Avoid serving hot foods and heavy meals
- Ask parents to dress their children in light-colored, loose-fitting clothing
- Never leave anyone in a closed, parked vehicle, even if the windows are cracked open
- Know the signs and symptoms and what to do in case of heat stroke, heat exhaustion and heat cramps

Heat Stroke: Most serious heat related illness. Requires emergency medical treatment. Hot, dry skin, shallow breathing, rapid, weak pulse, confusion, loss of consciousness. Body temperature exceeds 105 degrees F. Move person to cool area, sponge with cool water. Dial 911 and get emergency medical assistance.

Heat Exhaustion: Heavy sweating, weakness, and cold, pale clammy skin. May be fainting and vomiting. Move person to a cool area out of sunlight, sponge bathe with cool water and fan. Give sips of water every 15 minutes for 1 hour.

Heat cramps: Painful spasms usually in the legs or abdomen, heavy sweating. Apply firm pressure on cramping muscles or gently massage muscles. Sips of water every 15 minutes for 1 hour.