Prescriptions for Prevention

Extreme Heat Safety During Pregnancy

Did you know?

It is harder for pregnant women to stay cool during hot days. Overheating, especially during the first trimester, can have health effects for the baby.

Action Plan

- **Keep Cool**:
  - On hot days, spend time in cool or air-conditioned areas at work, at home, and in your community.
  - Take lukewarm showers when you are feeling overheated.
  - Wear lightweight, light-colored clothing.
  - Avoid the sun during the hottest hours: 10am to 4pm. A wide-brimmed hat can protect you from the sun and keep you cooler.
- **Keep Hydrated**: Drinking lots of non-caffeinated fluids on hot days can help keep your body temperature down.
- **Check the air quality index**: air quality can be poor on extreme heat days. Visit airnow.gov to view today's air quality.
- **Recognize Heat-Related Illness**: Warm skin, headaches, dizziness, muscle cramps, and nausea.
  - Call your doctor right away if you've been in the heat and have these symptoms
- To learn more about the risks of heat exposure in the workplace during pregnancy, click this link or scan the QR code:
- To learn more about how heat may affect both pregnant women and their baby, click this link or scan the QR code:

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
Children's Hospital of Philadelphia
NIEHS Grant: P2CES033428

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Resources

Philadelphia Extreme Heat Guide

Extreme heat is not only dangerous for people and animals, but it can cause utility malfunction as well. To learn how you can stay safe from extreme heat, click this link or scan the QR code:

Philadelphia Heat Vulnerability Index

To view the areas in the city most at-risk of experiencing heat-related illnesses during very hot weather, scan the QR code:

Preparing for Extreme Heat

It's important to have a way to receive news during climate-related emergencies such as extreme heat. Click this link or scan the QR code to sign up for ReadyPhiladelphia alerts:

Extreme Heat Cooling Centers

To find extreme heat cooling centers by zip code, scan the QR code:

Philadelphia Spray grounds, Pools, etc.

To find nearby recreational centers, swimming pools, and other heat-protected activities, click this link or scan the QR code:

OSHA NIOSH Heat Safety App

For a helpful app for pregnant workers during hot weather, click this link or scan the QR code:

For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:
215-573-9076 prcceh@pennmedicine.upenn.edu
Website: prcceh.upenn.edu

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