Prescriptions for Prevention

Extreme Heat Safety for Babies

Did you know?

When it's hot, babies are more in danger of becoming dehydrated than adults.

Action Plan

- **Keep Cool**:
  - Keep babies in cool spaces, ideally, with air-conditioning. Coverings should match adults' clothing plus one light layer.
  - In warm settings, sponge babies with lukewarm water.
  - Never leave a baby alone in a car. For more information about preventing hot car deaths among babies and children, click this link or scan the QR code:
  - When outside, keep babies out of direct sunlight. If in the sun, lightweight cotton clothing and hats help protect their skin. Use sunscreen on babies' exposed skin.
- **Keep Hydrated**:
  - Babies under 6-months old may require extra breast or bottle feeds. Babies over 6-months old can be offered cool water in addition to normal feeds.
- **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**: Floppiness, fewer wet diapers, dry mouth, fewer tears when crying, and refusal to feed. If your child has been in the heat and has these symptoms, call your pediatrician right away or go to your nearest emergency department.
- To learn more about signs of dehydration in infants and children, click this link or scan the QR code:

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

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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:

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.

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:

Extreme Heat Cooling Centers

To find extreme heat cooling centers by zip code, 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:

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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