Prescriptions for Prevention

Extreme Heat Safety for Children

Action Plan

Did you know?

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

- **Keep Cool**:
  - On hot days, make sure you have access to air-conditioning, either in your home or a public space.
  - Dress children in lightweight, light-colored clothing.
  - Never leave a young child alone in a car, even if the window is open. For more information about preventing hot car deaths among babies and children, click this link or scan the QR code:
  - Protect skin from sunburn with lightweight cotton clothing and hats. Use sunscreen on exposed skin.
- **Keep Hydrated**:
  - Bring lots of water when going on outings with children, and ask children to drink often, even if they're not thirsty. Needing to use the bathroom regularly is a sign of good hydration.
- **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. 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 how to protect your children from extreme heat, click this link or scan the QR code:
- To learn more about signs of dehydration in infants and children, click this link or scan the QR code:
- To learn more about how to keep your children safe in summer, 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:

Extreme Heat Cooling Centers

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

Sprinklers and Spraygrounds

To find your nearest sprinklers or spraygrounds, 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 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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