

## *Beware of the Heat!*

Children and adolescents who play outside or exercise in the heat are vulnerable to heat illnesses that range from inconvenient to life-threatening. Babies are even more threatened by heat because their "thermostats" are not yet fully developed. Fortunately, a few commonsense precautions can help prevent heat illness.

- Your children should avoid exercise during periods of high heat and humidity.
- Keeping children indoors from 12 to 2 is an excellent idea, and it will also protect them from the most dangerous sun time. Lunch, followed by summer reading is a good plan.
- It is best to wear lightweight clothing that will absorb perspiration.
- Drink lots of cool water before, during and after exercise.
- Sweetened drinks have no advantage over plain water.
- Salt tablets are not recommended and may be harmful.

Protecting Infants: Do not ever leave an infant in a closed car, even for a short time and even if outdoor temperatures are moderate. With the windows closed, the temperature inside a car will quickly climb to over 140 degrees when parked in direct sunlight! Do not overdress infants; a diaper and an undershirt is often all that is needed. However, if an infant is going to be in a sunny area, it is important to cover much of their skin with lightweight clothing to protect from harmful ultraviolet rays.