



Get Up & Move!

Parent Newsletter

Series 2: June



Warm Weather Safety

Now that the summer has begun, you and your children are probably spending more time enjoying outdoor activities. It is important that you and your children are aware of the safety precautions that must be taken when being active in warmer weather.

Dress for the heat. Children should wear lightweight, light-colored clothing. Light colors will reflect some of the sun's energy. Children should also wear a hat and sunscreen whenever they are active outdoors.

Drink Water. Your children should carry a water bottle with them and drink frequently, even if they are not thirsty.

Eat small meals more often. Your children should avoid eating large meals that are high in protein, because this can elevate the body's metabolic heat.

Slow down. Your children should avoid doing strenuous activity during the warmest times of the day. Strenuous activity should be reserved for the morning and between 4:00 p.m. and 7:00 pm, when the sun is not as strong.

Take regular breaks. When your children are involved in outdoor activities, make sure they take frequent breaks to cool off and hydrate.

Signs of Dehydration

During the warm summer months, your children are more likely to become dehydrated if they are being active outside. If your children become dehydrated, they should be given fluids and should be monitored closely. Below are some common signs of dehydration:

Signs of Mild to Moderate Dehydration:

- Dry mouth
- Few or no tears when crying
- No urination for 6 to 8 hours in children

Signs of Severe Dehydration:

- Very dry mouth (looks "sticky" inside)
- Dry, wrinkly, or doughy skin (especially on the belly and upper arms and legs)
- Inactivity or decreased alertness
- Appears weak or limp

- Sunken eyes
- Muscle cramps or contractions
- No urination for more than 6 to 8 hours in children
- Deep, rapid breathing
- Fast or weakened pulse

Heat Exhaustion and Heatstroke

During hot, humid weather, the body's internal temperature can rise, which can result in heat exhaustion and heatstroke. If not treated quickly, heat exhaustion can progress to heatstroke, which requires immediate emergency medical care. Below is a list of signs and symptoms of heat exhaustion and heat stroke and instructions for how to treat both conditions.

Signs and Symptoms of Heat Exhaustion:

- Severe thirst
- Muscle weakness
- Nausea, sometimes vomiting
- Fast, shallow breathing
- Irritability
- Headache
- Increased sweating
- Cool, clammy skin
- Elevation of body temperature to less than 104° F.

Signs and Symptoms of Heatstroke:

- Severe, throbbing headache
- Weakness, dizziness, or confusion
- Difficulty breathing
- Decreased responsiveness or loss of consciousness
- May not be sweating
- Flushed, hot, dry, skin
- Elevation of body temperature to 104° F.

What to Do for Heat Exhaustion:

- Bring the child indoors or into the shade immediately.
- Undress the child.
- Have the child lie down; elevate feet slightly.
- If the child is alert, place in cool (not cold) bath water, or sponge bathe the child. If outside, spray the child with mist from a garden hose.
- If the child is alert, give frequent sips of cool, clear fluids (clear juices or sports drinks are best).
- If the child is vomiting, turn his or her body to the side to prevent choking.
- Monitor the child's temperature.
- If the child has a temperature of 104° F. or more, seek emergency medical care immediately.

If you and your children take the proper safety precautions in the warm weather, your children can have a summer full of fun, physical activity!



Source: (www.redcross.org; www.kidshealth.org)