



# WAY COOL

## HEAT TIPS FOR INFANTS AND CHILDREN

- ❖ NEVER leave any child or baby in a car – even for a short time! Temperatures in a car can quickly become higher than 100°!!!!
- ❖ KEEP your house COOL with an air conditioner or fan. Cover the windows to keep the sun out.
- ❖ INFANTS who are breastfed need frequent on demand feedings in hot weather (the first milk from each feeding is most diluted and quenches thirst). Bottle fed infants can have some boiled water, cooled in the refrigerator on hot days. DO NOT DILUTE FORMULA unless your doctor says so.
- ❖ Give children over the age of 6 months plenty of WATER or JUICE (NOT SODA) throughout the day.
- ❖ Children and infants should wear LOOSE FITTING, LIGHTWEIGHT CLOTHES. Add a HAT to keep heads cool and SUNGLASSES to keep the sun out of their eyes.
- ❖ Make sure all children and infants have plenty of SUNSCREEN on, SPF30 or more. A baby, under the age of 6 months, should not be in direct sunlight!
- ❖ Get your child to a doctor IMMEDIATELY if your child is nauseous or vomiting, has a headache, or acts confused. A cool bath with a damp washcloth can help to cool down a child who is overheated.
- ❖ If you need help, call the City of Milwaukee Health Department HEAT LINE at 286-3616.