



# Beat the Heat

## Tips to keep kids safe in hot weather

### Did you know?

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### 5 things you can do:

#### 1. Plan your day around the rays

Stay out of the direct sun during peak heat hours (11 a.m. - 3 p.m.). Plan outdoor activities for the morning or early evening when temperatures are cooler. If you have to be outside, plan for frequent breaks in cooler, shaded areas and bring lots of water to keep everyone hydrated.



#### 2. Drink lots of water

Remind children to drink plenty of water before, during, and after outdoor play. Skip sugary or caffeinated drinks — they can make dehydration worse.

#### 3. Dress light to stay cool

Dress children in light-coloured, loose-fitting clothing made from breathable fabrics like cotton. Choose a wide-brimmed hat to protect the head and face from the sun.



#### 4. Never leave a child alone in a car

Never leave a child alone in a car, not even for a minute. The temperature inside a car can double within minutes, putting kids at serious risk of heat stroke.

#### 5. Know the signs of heat injury

Monitor children for symptoms like headache, dizziness, nausea and excessive sweating; bring down their temperature by moving them inside and giving them cool drinks and wet towels.



**Heat stroke is a medical emergency:** If a child shows signs of more severe symptoms like high body temperature, confusion, loss of consciousness, or has stopped sweating, call 911 immediately.



For more information visit Health Canada's webpage: [Extreme heat events: How to protect yourself from the health effects of extreme heat](#)