

Preparing for

EXTREME HEAT

for Pregnant/Breastfeeding People

Extreme heat poses serious health risks, especially for people who are pregnant and breastfeeding.

Use these tips to stay safe on hot days:

Stay Cool



Stay in the shade when outdoors, and use fans to circulate air indoors.



During the coolest parts of the day do outdoor activities.



Stay in air-conditioned places as much as possible.



Take cool showers or baths to lower your body temperature.

Recognize Symptoms

If your body gets too hot, you can get sick.

Know signs of worsening pregnancy complications.



Headache



**Heavy
Sweating**



Cramping

Other signs can include: shortness of breath, fatigue, weakness, nausea, and dizziness.

Stay Hydrated



Don't wait until you are thirsty.

Drink and refill water bottle throughout the day.



Check your urine color.

When it's light yellow or clear, it usually means you're drinking enough water.



hydrated



dehydrated



Prioritize Drinking Water.

If possible, avoid caffeinated and sugary drinks.

Sun and Air Quality Protection



Wear loose, light-colored clothing to help stay cool.



Use sunscreen, hats, and sunglasses when outdoors.



If the Air Quality Index is more than 100, **limit outdoor activity.**

Have a Plan for Medications



Speak with your doctor about concerns regarding medications and heat exposure.



Store medications in a cool, dry place and away from direct sunlight.



Keep refrigerated medications cool during power outages with a cooler.



Make a list of important phone numbers.