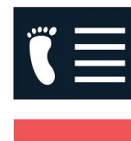


KEEPING KIDS COOL

Information for parents, caregivers and early childhood educators



WHAT IS EXTREME HEAT?

When temperatures are above 90°F during the day and 78°F at night, especially when it's also **humid** or **lasts more than one day**. It can be uncomfortable to stay indoors and sometimes unsafe to be active outside.

WHY IS IT IMPORTANT TO PROTECT KIDS?

Infants and young children are impacted by extreme heat differently than adults because their **smaller bodies heat up more quickly** and they **sweat less**. They rely on adults to keep them cool and hydrated, and look for signs of heat illness.

BEFORE A HOT DAY

GATHER SUPPLIES



- ☐ Plenty of cool **drinking water** and **fruit juices (low sugar)**
- ☐ **Ice** cubes and bags
- ☐ **Misting** fans, spray bottles, and wet towels
- ☐ **Cool foods** like popsicles, watermelon, cucumber, and berries
- ☐ **Sunscreen** (SPF 30+)

PREPARE FACILITY



- ☐ Install and test **air conditioners** and **fans**
- ☐ **Cover windows** with curtains, blinds, towels or foil to block sunlight
- ☐ **Add shade** to outdoor play areas (e.g., tents, umbrellas)
- ☐ **Charge devices** and consider **backup power** supplies

CONTACT FAMILIES



For early childhood educators

- ☐ Dress kids in **loose-fitting, light clothing** and apply **sunscreen**
- ☐ Provide **extra human milk or formula** for infants
- ☐ Keep **medications** (e.g., inhalers, insulin, EpiPens) ready and cool

PLAN COOL ACTIVITIES



- ☐ **Meals** that don't require an oven or stove
- ☐ Outdoor activities in **cooler hours** (before 10am, after 4pm)
- ☐ Indoor games, crafting, water-play and other **non-strenuous play**

CHECK RESOURCE S



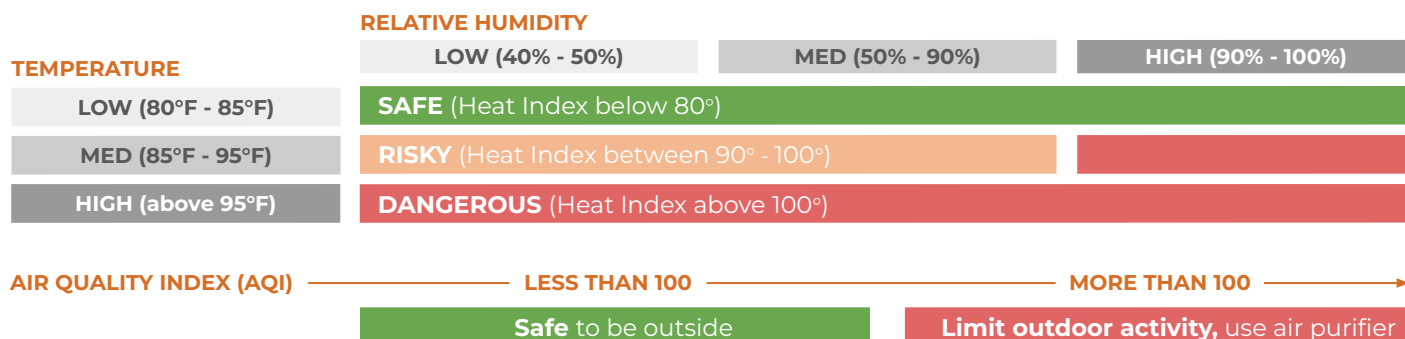
- ☐ Visit **Boston.gov/heat** for the latest map of public pools, splash pads, BCYF Cooling Centers, Public Libraries and misting tents
- ☐ **Sign up to Boston Emergency Alerts** for notifications about extreme heat emergencies and other weather events
- ☐ **Call 311** for non-emergency city services during a heat wave

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It's important to check **TEMPERATURE, HUMIDITY (the Heat Index) and AIR QUALITY** before going outside. **Humidity can make it feel hotter than it is** because sweat doesn't evaporate easily, making it harder to cool down. **Heat and poor air quality** can also increase health risks for **children with asthma**.



DURING A HOT DAY

When it's
SAFE

- ☐ Find shade if playing outdoors (e.g., trees)
- ☐ Stay hydrated, avoiding sugary drinks
- ☐ Protect skin with covered, breathable clothing, sunscreen, and hats
- ☐ Watch for signs of children becoming uncomfortable while playing

When it's
RISKY

- ☐ Limit outdoor time to cooler hours (before 10am, after 4pm)
- ☐ Protect skin with breathable clothing, sunscreen, and hats
- ☐ Stay hydrated and keep skin cool with mist and wet towels
- ☐ Avoid strenuous activities and wear shoes on hot outdoor surfaces

When it's
DANGEROUS

- ☐ Stay indoors, using AC (or fan with a bowl of ice if it is below 90°F)
- ☐ Block sunlight with curtains, blinds, towels, or foil
- ☐ Stay hydrated and keep skin cool with mist and wet towels
- ☐ Watch for signs of heat-related illness

SIGNS OF HEAT ILLNESS IN KIDS

- More irritable than usual
- Confusion, dizziness, or fatigue
- Excessive sweating or crying without tears
- Weakness or muscle cramps
- Fast heart rate or shortness of breath

CARING FOR INFANTS

Infants need extra care in the heat. Keep them out of direct sunlight, offer more human milk or formula for hydration, and cool their skin with a damp washcloth (especially while feeding)