

1 Extreme Heat

The changing climate is increasing the number of dangerously hot days.

What can I do to better protect my child?

- Stay informed, use weather apps
- Create a cool indoor environment
- Close windows and curtains
- Open windows on cooler nights
- Locate cooling centers and air-conditioned public places
- Hydrate even if you are not thirsty
- Limit outdoor activities
- Never leave children or pets in a car
- Monitor vulnerable family members
- Know signs of heat-related illnesses and seek medical attention immediately if they are present



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more info

