

# 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



Scan for  
more info

