

STAY SAFE IN THE HEAT

KID SAFETY TIPS

LIMIT SUN EXPOSURE

During high temperatures try to stay indoors or in shaded areas between 10 a.m. and 2 p.m., when the sun is at its strongest.



DRESS FOR SAFETY

Children should wear a wide-brimmed sun hat and sunglasses with 100% UV (broad spectrum) protection.



LOOK FOR HEAT EXHAUSION SIGNS

- Fatigue
- Thirst
- Leg or stomach cramps
- Cool, moist skin



If you notice any signs bring the child indoors to rest, remove extra layers of clothing, and offer small sips of water.

APPLY SPF 30 SUNSCREEN

Apply at least 30 minutes before going outside.
Don't forget: ears, nose, neck, and tops of feet.



STAY HYDRATED

Encourage frequent water breaks—even if children don't say they're thirsty.



School staff can access information on preparing for heat events and other heat safety measures or resources.