

# IT'S REALLY HOT!

## PAY ATTENTION TO YOUNG CHILDREN!

### A few tips to protect the child from dehydration during heat waves

- Give the child something to drink more often:
  - A breastfeeding baby should be given the breast more often
  - A bottle-fed baby should be given water between bottles
- Cool the child in a tub of warm water several times a day
- Avoid exposing the child to the sun and bringing him or her outdoors between 10 a.m. and 3 p.m.
- If you have to go out, make sure the child is wearing light clothing and cover his or her head with a wide-brimmed hat
- Make sure that there is air circulating around the child's bed and move the bed away from the wall

**Never leave a child alone in a car, or a room where there is no air circulating, even for a few minutes.**

### Signs to watch for in the child

- Wets less than 4 diapers in a 24-hour period
- Urinates less often and urine is dark
- Skin, lips or mouth are dry
- Abnormally agitated or irritable
- Sunken eyes and circles under the eyes
- Sleeps a lot and is hard to awaken
- Difficulty breathing
- Abnormal skin colour, pale or red
- High body temperature, 38.5°C or over (rectal)
- Headaches, vomiting or diarrhoea



**If the child shows any of these signs, call Info-Santé or consult a doctor.**