

Stay Cool

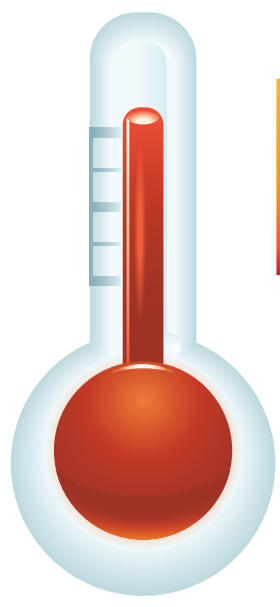
Heat can make you sick. In some cases, heat can kill you.
Protect yourself. Stay cool after a flood or hurricane.



On a hot day:

- ✓ If you can, cool down in a room that is air conditioned.
- ✓ Drink water often. Make sure you drink water that is clean and safe.
- ✓ Wear clothes that are light in color, made for warm weather, and fit loosely.
- ✓ Work or play outside in the morning or evening, when it is cooler.
- ✓ If you work or play outside, take a break in the shade or in a cool room.
- ! NEVER leave anyone in a parked car.





BEAT THE HEAT: Extreme Heat

Heat-related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



Children



Older adults

More males than females are affected



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction worksites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear lightweight, light-colored, loose-fitting clothes



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes

HEAT ALERTS: Know the difference.

HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

HEAT WATCHES

Excessive heat event in 12 to 48 hours

HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

Sunburn can significantly slow the skin's ability to release excess heat.

During 1999–2009, an average of **658** people died each year from heat in the United States.

\$30 BILLION estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit:
<http://www.cdc.gov/disasters/extremeheat>



Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
 - Blisters on the skin
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash





TIPS FOR SUN SAFETY



DO

- Use mineral-based sunscreens such as zinc oxide or titanium dioxide.
- Use lotions and sunscreen sticks.
- Apply sunscreen 15 minutes before sun exposure and follow label instructions for the frequency of repeated applications.
- Have adults apply sunscreen to children.
- Apply sunscreen first and wait five to ten minutes before using bug spray.

AVOID

- Sunscreens that use chemical filters like oxybenzone, octinoxate, or methythiazolinone as the active ingredient.
- Aerosol containers to prevent inhalation of the sunscreen.
- SPFs higher than 50.
- Combination bug spray-sunscreen products.
- Sunscreen on infants under 6 months of age.



UV RADIATION EXPOSURE

There are two different types of UV radiation rays that humans come into contact with on a daily basis: UV-A and UV-B.

UV-B rays penetrate the top layer of the skin and are primarily responsible for sunburns, which is a big risk factor for skin cancer.

UV-A rays have the longest wavelength of UV radiation, so they penetrate the deepest into the skin. They are responsible for the wrinkling and leathering of skin. UV-A can increase the carcinogenic (cancer causing) effect of UV-B rays because the cells under the top layer of skin are also damaged and cannot help repair the sunburn above.



***Important: The benefits of protection afforded by sunscreen use against UV radiation outweigh the concerns about some sunscreen ingredients. Always use sunscreen to protect yourself and your children.

WHAT IS SUNSCREEN MADE OF?

The active ingredients in sunscreens come in two forms, mineral and chemical filters. Each uses a different mechanism for protecting skin. The most common sunscreens on the market contain chemical filters. These products typically include a combination of the following ingredients: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate. Mineral sunscreens use ingredients such as zinc oxide and/or titanium dioxide. Some “broad spectrum” products combine zinc oxide with chemical filters.

All available research shows that zinc oxide and titanium dioxide can be safely used in sunscreen lotions and that both pose a lower health hazard than most other sunscreen ingredients approved in U.S.

MORE TIPS FOR SUN SAFETY

Wear light-weight, long-sleeve shirts and pants AND always wear a hat if you plan on being outside in the sun.

Sunglasses are also a must to protect your eyes. Make sure the sun-glasses are UV protected so they are actively safeguarding your eyes from harmful UV rays. Polarized sunglasses provide even better protection from glare, especially from water, and can keep your eyes safer and healthier.

Organize outdoor activities for the early morning or late afternoon to avoid the sun’s most intense rays. Finally, if you do need to be outside in the middle of the day, find some shade to cool off and protect your skin.

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Understand the Weather



Wind-Chill

- 30° is **chilly** and generally uncomfortable
- 15° to 30° is **cold**
- 0° to 15° is **very cold**
- 32° to 0° is **bitter cold** with significant risk of **frostbite**
- -20° to -60° is **extreme cold** and **frostbite** is likely
- -60° is **frigid** and exposed **skin will freeze** in 1 minute

Heat Index



- 80° or below is considered **comfortable**
- 90° beginning to feel **uncomfortable**
- 100° **uncomfortable** and may be **hazardous**
- 110° considered **dangerous**

All temperatures are in degrees Fahrenheit

Child Care Weather Watch

Wind-Chill Factor Chart (in Fahrenheit)

| | | Wind Speed in mph | | | | | | | | |
|-----------------|-----|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| | | Calm | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 |
| Air Temperature | 40 | 40 | 36 | 34 | 32 | 30 | 29 | 28 | 28 | 27 |
| | 30 | 30 | 25 | 21 | 19 | 17 | 16 | 15 | 14 | 13 |
| | 20 | 20 | 13 | 9 | 6 | 4 | 3 | 1 | 0 | -1 |
| | 10 | 10 | -1 | -4 | -7 | -9 | -11 | -12 | -14 | -15 |
| | 0 | 0 | -11 | -16 | -19 | -22 | -24 | -26 | -27 | -29 |
| | -10 | -10 | -22 | -28 | -32 | -35 | -37 | -39 | -41 | -43 |
| | -20 | -20 | -34 | -41 | -45 | -48 | -51 | -53 | -55 | -57 |
| | -30 | -30 | -46 | -53 | -58 | -61 | -64 | -67 | -69 | -71 |



Comfortable for out door play



Caution




Danger

Heat Index Chart (in Fahrenheit %)

| | | Relative Humidity (Percent) | | | | | | | | | | | | |
|-----------------|-----|-----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| | | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |
| Temperature (F) | 80 | 80 | 80 | 81 | 81 | 82 | 82 | 83 | 84 | 84 | 85 | 86 | 86 | 87 |
| | 84 | 83 | 84 | 85 | 86 | 88 | 89 | 90 | 92 | 94 | 96 | 98 | 100 | 103 |
| | 90 | 91 | 93 | 95 | 97 | 100 | 103 | 106 | 109 | 113 | 117 | 122 | 127 | 132 |
| | 94 | 97 | 100 | 102 | 106 | 110 | 114 | 119 | 124 | 129 | 135 | | | |
| | 100 | 109 | 114 | 118 | 124 | 129 | 136 | | | | | | | |
| | 104 | 119 | 124 | 131 | 137 | | | | | | | | | |
| 110 | 136 | | | | | | | | | | | | | |


Child Care Weather Watch

Watching the weather is part of a child care provider's job. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require the child care provider to monitor the health and safety of children. What clothing, beverages, and protections are appropriate? **Clothe** children to maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing). **Beverages** help the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high-sugar content beverages and soda pop. **Sunscreen** may be used year around. Use a sunscreen labeled as SPF-15 or higher. Read and follow all label instructions for the sunscreen product. Look for sunscreen with UVB and UVA ray protection. **Shaded** play areas protect children from the sun.

 Condition **GREEN** - Children may play outdoors and be comfortable. Watch for signs of children becoming uncomfortable while playing. Use precautions regarding clothing, sunscreen, and beverages for all child age groups.

INFANTS AND TODDLERS are unable to tell the child care provider if they are too hot or cold. Children become fussy when uncomfortable. Infants/toddlers will tolerate shorter periods of outdoor play. Dress infants/toddlers in lightweight cotton or cotton-like fabrics during the warmer months. In cooler or cold months dress infants in layers to keep them warm. Protect infants from the sun by limiting the amount of time outdoors and playing in shaded areas. Give beverages when playing outdoors.


YOUNG CHILDREN remind children to stop playing, drink a beverage, and apply more sunscreen. OLDER CHILDREN need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens). They may resist applying sunscreen and drinking beverages while outdoors.

 Condition **YELLOW** - use caution and closely observe the children for signs of being too hot or cold while outdoors. Clothing, sunscreen, and beverages are important. Shorten the length of outdoor time.

INFANTS AND TODDLERS use precautions outlined in Condition Green. Clothing, sunscreen, and beverages are important. Shorten the length of time for outdoor play.

YOUNG CHILDREN may insist they are not too hot or cold because they are enjoying playtime. Child care providers need to structure the length of time for outdoor play for the young child.

OLDER CHILDREN need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens), applying sunscreen and drinking liquids while playing outdoors.

 Condition **RED** - most children should not play outdoors due to the health risk.

INFANTS/TODDLERS should play indoors and have ample space for large motor play.

YOUNG CHILDREN may ask to play outside and do not understand the potential danger of weather conditions.

OLDER CHILDREN may play outdoors for very short periods of time if they are properly dressed, have plenty of fluids. Child care providers must be vigilant about maximum protection of children.

Understand the Weather

The weather forecast may be confusing unless you know the meaning of the words.

Blizzard Warning: There will be snow and strong winds that produce a blinding snow, deep drifts, and life threatening wind chills. Seek shelter immediately.

Heat Index Warning: How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.

Relative Humidity: The percent of moisture in the air.

Temperature: The temperature of the air in degrees Fahrenheit.

Wind: The speed of the wind in miles per hour.

Wind Chill Warning: There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets and livestock.

Winter Weather Advisory: Weather conditions may cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.

Winter Storm Warning: Severe winter conditions have begun in your area.

Winter Storm Watch: Severe winter conditions, like heavy snow and ice are possible within the next day or two.