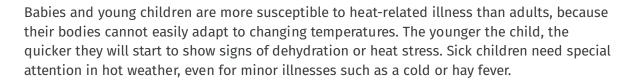
Caring for children in heat





Stay hydrated and well nourished

- ensure your child has easy access to plain water and encourage them to drink it, even before they become thirsty
- avoid using ice
- do not give children drinks that cause dehydration such as drinks high in sugar, salt and/or caffeine
- if you are breastfeeding, feed your baby more often and drink plenty of water yourself
- give bottle-fed babies cool, boiled water between feeds
- give children small regular meals and minimise hot food.

Babies

- 0 to 6 months rely on breast milk, so offer breastfeeds more frequently. Water or other drinks are not needed unless recommended by a doctor
- 6 to 12 months need food and fluids in addition to breast milk, so give small amounts of cooled boiled water after or in between breastmilk feeds
- over 12 months need solid foods and drinks, continue breastfeeding, or give full cream milk via a cup. Offer cooled boiled water after or in between meals.

Monitor your child's urine rate

- babies monitor the number of wet nappies. If your baby has fewer wet nappies than usual in 24 hours, see a doctor or ring 13 HEALTH for advice
- young children urine should be a light straw colour. Dark urine may be a sign of dehydration and indicate the need to drink. If you are concerned, see a doctor or ring 13 HEALTH for advice.

Stay cool

- dress children in loose fitting, single layered, cotton clothing
- keep children cool by giving them regular lukewarm baths or showers. Do not use ice cold water.
- avoid taking your child outside between 10am 3pm
- use a suitable sunshade on your baby's stroller



- ensure children wear broad-brimmed hats and SPF 30+ to avoid sunburn
- be aware of any pre-existing medical conditions, which may cause a child to be more heat-sensitive
- children may experience nappy rash when it is hot avoid using talcum powder, keep area clean and dry.

Never leave children unattended in hot cars

Further information

- Call 13 HEALTH (13 43 25 84) at any time
- Contact 13 QGOV (13 74 68) for your nearest public health unit.