
Aspiranet
~ June 2020 ~
Monthly Regulation Topic

Safety Tips for Summer Heat

The first “official” day of summer this year is June 20th, but many areas of California have already experienced very hot weather, particularly inland. The following are tips for staying safe in the heat and preventing heat related illness.

It is important to remember that children are more at risk for overheating during hot weather and extra precautions are necessary.

If there are any concerns of heat causing possible illness in a child, always contact the child’s doctor immediately as well as Aspiranet.

Why are children more at risk in heat?

- Children’s bodies overheat more easily than adults.
- Children’s bodies will absorb more heat on a hot day, and are less able to lower their body temperature through sweating.
- A young child’s body temperature can rise three to five times faster than an adult’s; with infants and children under age 4 being most at risk.
- Children lose fluids more quickly than adults and therefore are more likely to become dehydrated.

How to protect you and your family from dangers of heat:

Drink Fluids – Make sure children and all family members are drinking plenty of fluids, especially if they are participating in sports or other physical activity. Do not wait until a child reports “I’m thirsty”. Fluids should be drunk before, during and after time spent outdoors on hot days. To replace salts and minerals lost by heavy sweating, offer fruit juice or sports drinks.

Avoid Hot and Heavy Meals: They add heat to your body! Also use your stove and oven less to maintain a cooler temperature in your home.

Dress in Light Clothing –Light, loose-fitting clothes are best during hot weather. When outside, use a hat and sunscreen.

Stay Inside When Hot –Avoid spending time outdoors during the hottest times of the day. Encourage outdoor play in the morning or evening to protect children from dehydration or heat related illness.

Keep doors, windows and window coverings closed to help keep the heat out.

If your air conditioning is not working or not available and you live in a high heat area, please notify Aspiranet as soon as possible:

- Give lots of cool fluids and frozen treats such as juice bars and popsicles.
- Keep in mind electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness.
- Use cool compresses, misting, showers and baths to cool the body, if necessary.
- If your home becomes too hot to safely remain, explore with your Aspiranet Social Worker air conditioned public spaces or buildings that also provide for safe social distancing and/or possible respite options for the children.

NEVER leave a child alone in a vehicle -

- Cars can quickly heat up to dangerous temperatures, even with a window cracked open. Leaving a child alone in a vehicle, even for “just a few minutes” can be extremely dangerous.
- The inside temperature of the vehicle can rise almost 20 degrees in just the first 10 minutes.
- Temperatures in a car, even when outside temperatures are only in the 60’s, can rise well above 110 F.
- The most common reason children are left alone in cars is due to the adult being distracted and as a result, they have a memory lapse. This occurs most often when transporting the child is out of the adult’s normal routine.

Important reminders:

- Never multi-task while driving. Besides contributing to unsafe driving, it can also increase the chance of being distracted and forgetful.
- Place needed items in the back seat near the children, such as cell a phone or purse, to trigger the need to check the back seat.
- Make sure all children leave the car with you, particularly sleeping infants.
- Make a habit of checking your parked vehicle before locking it and walking away.

What are Warning Signs of Dehydration and Heat-Related Illness?

Signs that a child is becoming dehydrated include:

- Decreased physical activity
- Lack of tears when crying
- Dry mouth
- Less frequent urination (infants with dry diapers)
- Sunken eyes
- Irritability and fussiness

Signs of Heat Exhaustion include:

Heat exhaustion occurs when the body loses a large amount of water and salt contained in sweat.

Warning signs of *heat exhaustion* vary, but may include:

- Heavy sweating
- Muscle cramps
- Weakness
- Headache
- Nausea or vomiting
- Paleness, tiredness, dizziness

The skin may be cool and moist. The person’s pulse will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may develop into heat stroke.

Signs of Heat Stroke include:

Heat stroke occurs when the body can’t control its temperature. It is the most serious heat-related illness.

It can result in disability or death if emergency treatment is not given.

Warning signs of *heat stroke* vary, but may include:

- A very high body temperature (above 103 degrees Fahrenheit, taken orally)
- Dizziness, nausea and confusion
- Red, hot and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Unconsciousness

What to Do:

If you see any of these signs for heat stroke or heat exhaustion, it may be a life-threatening emergency.

The following steps are *not* a substitute for medical care, but will help to respond promptly to warning signs of a possible medical emergency:

- Have someone call 911 while you begin cooling the person.
- Get the person out of the sun; in a shady area or into an air conditioned building.
- Cool the person rapidly with a cool bath or shower, or by sponging with cool water, until body temperature drops to 101-102 degrees Fahrenheit, orally.
- If there is vomiting, make sure the airway remains open by turning the person on his/her side.

Sources: Community Care Licensing www.ccl.d.ca.gov

California Department of Public Health (CDPH) www.cdph.ca.gov

Centers for Disease Control (CDC) www.cdc.gov

Please sign and return this page to your Aspiranet Social Worker for training credit.

My signature below indicates that I have completed the June 2020 "Safety Tips for Summer Heat" training.

Signature Foster Parent #1

Date

Print Name Foster Parent #1

Signature Foster Parent #2

Date

Print Name Foster Parent #2

Aspiranet Authorized Signature

Date

Training credit: _____ minutes