

Let's **B.E.A.T.** the Heat!



FOR PARENTS WITH BABIES

BE AWARE



Check regularly if your baby is thirsty

(If younger than 6 months, give extra breastfeeding/formula. If older than 6 months, give extra water.)



Wrap loosely

(Don't swaddle. It may increase the risk of overheating.)

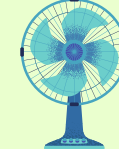


Apply sunscreen



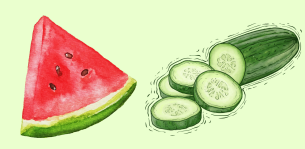
Use wet towels/ water spray

(Cools your baby by lowering skin temperature.)



Use fan

(Helps your baby to cool down with airflow. Use only when less than 40°C.)



Give water-rich fruits/veggies

(Only if older than 6 months.)



Close curtains (day) Open windows (night)

(Remember that it might be cooler outside in the shade.)



Don't give water or tea when younger than 6 months

(Even under hot conditions, babies can maintain normal hydration levels with only milk. Giving extra water is not needed.)



Don't go outside during the hottest time of the day

(If it is hotter inside your home, find a nearby green space with shade/other facility with cooling.)



Don't leave your baby in closed unventilated spaces

(Never cover a stroller with dry materials in hot weather! You can use a moist muslin to keep the carriage cool. Re-wet as necessary.)



Don't use non-breathable bedsheets

(Use cotton/bamboo/linen sheets. Sleep on lower floors if possible.)



Avoid direct sun

(Perceived temperatures in the sun can be 10–15 °C higher. Sit in the shade or a cooled area.)

EASILY IDENTIFY



General Signs of Overheating/Dehydration

- Dry lips
- Excessive thirst signs
- Excessive sweating
- Vomiting
- Rapid heartbeat/shortness of breath
- Heat rashes (check diapered area)
- Mild fever/cold, clammy skin
- Cramps (more than usual)
- Irritated and/or crying



Alarming symptoms for Babies

- Crying without tears
- Extremely irritated
- Fewer wet diapers

Body temperatures of babies can rise 3-5 times faster than in adults.



ACT IMMEDIATELY

Cool down first, transport later!

- Step 1: **Reduce temperature**
 - Loosen or remove any unnecessary clothing. Move with your baby to a shady or cooled location immediately.
 - Apply wet towels/cool water (particularly at head/neck/armpits/groin). Change them every few minutes.
 - When inside, add a fan or an airconditioner to the room.
 - Give your baby a bath with cool/lukewarm water. Do not immerse your baby with very cold water.
- Step 2: **Rehydrate**
 - Give more frequently breastfeeding/formula feeding. As a breastfeeding mother: drink water.
- Step 3: **Remember**
 - Look again at the do's and don'ts from the 'Be Aware' and try to prevent this from happening again in the future.



Symptoms not better after 30 minutes?
→ Go immediately to a healthcare facility!

TEAMWORK



- Do you know of any pregnant women or parents with babies living close to you? Inform and/or help them as needed.
→ Let's do this together!



Stay informed about official heat warnings!
• More information can also be found on the website of the Flemish Government (www.warmedagen.be)