

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



FOR PREGNANT WOMEN

Being exposed to too much heat during pregnancy can increase the risk of early birth, low birth weight, and health problems for you and your baby.

BE AWARE



Drink water
(On hot days: 2-3 litres/day and at least 1 cup every hour.)



Wear loose/light clothing
(Long-sleeved, light-coloured, natural fibres: cotton or linen.)



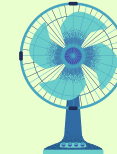
Apply sunscreen



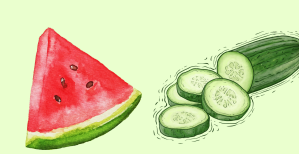
Use wet towels/water spray
(Cools your body by lowering skin temperature.)



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



Eat water-rich fruits/veggies
(Eat light. Avoid heavy meals and hot cooking.)



Close curtains (day) Open windows (night)
(Remember that it might be cooler outside in the shade.)



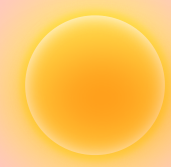
Don't go outside during the hottest time of the day
(If it is hotter inside your home, find a nearby green space with shade/other facility with cooling.)



Limit dehydrating drinks
(Coffee, tea, sugary drinks like sodas)



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



Don't use non-breathable bedsheets
(Use cotton/bamboo/linen sheets on hot days. Sleep on lower floors if possible. Sleep on your side for the best blood flow to the baby.)



EASILY IDENTIFY



As a pregnant woman, you are more vulnerable to heat.

General Signs of Overheating/Dehydration

- Dry lips/sticky mouth
- Excessive thirst
- Excessive sweating
- Weakness/tiredness/headache
- Nausea/vomiting
- Rapid heartbeat/shortness of breath
- Heat rashes
- Mild fever/cold, clammy skin
- Cramps (usually in legs/arms)
- Fainting/dizziness/vision changes
- No urine last 8 hours/dark urine

Alarming symptoms for Pregnant Women

- Contractions before they are expected
- Extreme nausea
- Vaginal bleeding/fluid leaking
- Stopping/slowness of belly movements
- Extreme swelling body parts
- Severe muscle cramping (possible in the stomach)

ACT IMMEDIATELY

Cool down first, transport later!

- **Step 1: Reduce temperature**
 - Loosen or remove any unnecessary clothing. Move 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.
 - Take a shower/bath with cool/lukewarm water. Do not immerse yourself with very cold water.
 - Elevate your legs if there is swelling/ put your feet in cool water for 20 minutes.
- **Step 2: Rehydrate**
 - Drink water. When you are sweating a lot, try drinking sport drinks containing electrolytes.
- **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)