



Children love playing in the Sun heat should not spoil their fun

| Symptoms of heat related illness |



Fainting



Muscle cramps



Seizures



Irritability



Headache



Increased sweating



Weakness, dizziness



Acts or talk confused



Fast breathing and heartbeat



Nausea and vomiting



Difficulty in waking up or can't wake up



Body temperature rises to 105°F (40.5°C) or higher

| Be careful when child is |



Walking/cycling in Sun



School assembly



Playing barefoot in Sun

| First aid measures |



Bring the child indoors or into the shade immediately



Loosen their clothing while maintaining their dignity



Have the child lie down with slightly raised feet



Use fan to increase airflow



Sponge with tap water



If the child is alert and awake, provide frequent sips of cool, clear fluids



If the child vomits, turn them onto their side to prevent choking



If child is unconscious, don't give anything to drink/ eat

| Prevention |



Stay hydrated



Cover your self



Play in sun



Don't lock cars with kids inside

If your child has any of severe symptoms immediately visit nearest health care centre or call ambulance



People at risk

