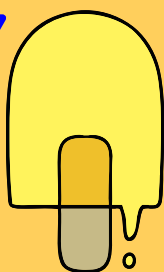


Children are more at risk from becoming ill as a result of hot weather

# STAY COOL!



## PARENTS AND CARERS OF YOUNG CHILDREN

### Keeping your kids cool:

Keep them **hydrated** with water, and avoid sugary drinks (these can dehydrate them).

Use plenty of **sunscreen** and reapply regularly.

Keep them out of the sun between **11am-3pm**.

**Dress** them in lightweight, light coloured, breathable fabrics.

Give them fruit and salads to keep their fluid levels up.

### If you are worried your child is too hot try:

Moving the child to a **cool area** and encouraging them to **drink cool water**.

Cooling the child by **sponging or spraying** the child with cool water,

placing wrapped **cold packs** around the neck and armpits,

wrapping the child in a cool, wet sheet and assist cooling with a fan.

### Signs that your child is suffering from the heat include:

#### Symptoms of heat stress:

- Children may act out of character or be irritable
- Dark urine or dry nappies may indicate dehydration

#### Symptoms of heat exhaustion may include:

- tiredness, dizziness, headache
- nausea, vomiting
- excessive sweating and pale, clammy skin

If you are concerned about symptoms, or they are worsening, contact NHS 111 for medical advice. If your child doesn't cool down within 30 minutes, they may be at risk of heatstroke.

#### Symptoms of heatstroke may include:

- confusion or lack of co-ordination
- seizures (fits)
- loss of consciousness
- high body temperature – of or above 40°C (104°F)
- red, hot skin that can be sweaty or dry
- fast heartbeat
- fast shallow breathing
- diarrhoea

**Heatstroke** is a **medical emergency!** If you suspect your child has heatstroke take immediate action and **call 999**. Whilst you wait, continue to attempt to cool your child down.

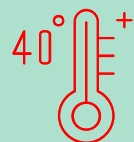
### Cool Space in Camden

Cool spaces are indoor spaces to shelter from the sun, cool down and rest on hot days. They may help reduce health risks from hot weather.

#### Where are the Cool Spaces?

- Pancras Square Library
- Swiss Cottage Library
- Queens Crescent Library
- Somers Town Living Centre
- Sommers Town Community Centre
- Old Diorama Arts Centre
- Building Centre

and more .... Scan the QR Code and see the map on the back!



**THINK&DO**  
COMMUNITY CLIMATE & SOCIAL ACTION



Camden