## **KEEP KIDS COOL**

in Jamaica Plain!



### WHAT IS EXTREME HEAT?

When temperatures are above 90°F during the day and 78°F at night, especially when it's also **humid** or **lasts more than one day**. It can be uncomfortable to stay indoors and sometimes unsafe to be active outside.

### WHY IS IT IMPORTANT TO PROTECT KIDS?

Infants and young children are impacted by extreme heat differently than adults because their **smaller bodies heat up more quickly** and they **sweat less**. They rely on adults to keep them cool and hydrated, and look for signs of heat illness.

### **GET PREPARED**

Keep plenty of cool drinking water and fruit juices (low sugar)
Prepare cool foods like popsicles, watermelon, cucumber, and berries
■ Wear <b>sunscreen</b> (SPF 30+)
☐ Gather <b>misting</b> fans, spray bottles, wet towels, and <b>ice cubes</b>
☐ Cover windows with curtains, blinds, towels or foil to block sunlight
Charge devices and consider backup power supplies
Keep medications (e.g., inhalers, insulin, EpiPens) ready and cool
Install and test air conditioners and fans

### ON A HOT DAY

<ul><li>Plan outdoor activities in coolers hours (before 10am, after 4pm)</li></ul>
☐ <b>Find shade</b> if playing outdoors (e.g., trees)
■ <b>Watch for signs</b> discomfort or heat-related illness while playing
Stay hydrated and keep skin cool with mist and wet towels
Dress kids in loose-fitting, light clothing and apply sunscreen
Plan indoor games, water-play, other and non-strenuous play
Plan <b>meals</b> that don't require an oven or stove
Provide extra human milk or formula for infants

### SIGNS OF HEAT ILLNESS IN KIDS

- More irritable than usual
- Confusion, dizziness, or fatigue
- Excessive sweating or crying without tears
- Weakness or muscle cramps
- Fast heart rate or shortness of breath

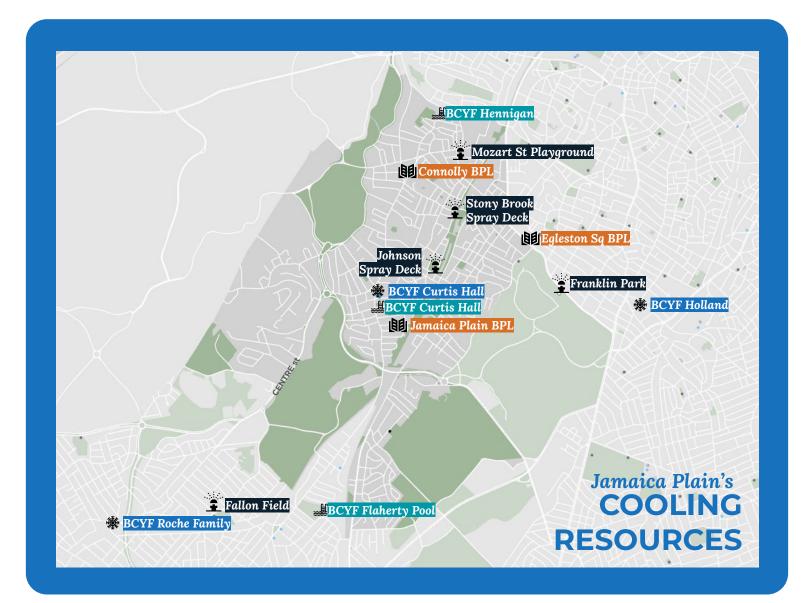
#### **CARING FOR INFANTS**

Infants need extra care in the heat. Keep them out of direct sunlight, offer more human milk or formula for hydration, and cool their skin with a damp washcloth (especially while feeding)

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# **COOLING CENTERS**

Air-conditioned spaces that are free and open to the public during declared Heat Emergencies. Some Cooling Centers will also provide free children's programming.

# PUBLIC LIBRARIES

Available to all residents to seek relief from the heat with air conditioning, books, and summer programming for kids, teens, and adults. Be sure to check opening hours!

# SWIMMING POOLS

BCYF has **indoor pools across the City** that are open to the public. **Be sure to register** for times to swim using the BCYF website.



Water features in **outdoor parks and playgrounds** with where kids can play, stay cool, and have fun!

RESOURCES

**Visit Boston.gov/heat** for the latest map of the city's cooling resources

Sign up to Boston Emergency Alerts for notifications about extreme heat emergencies

Call 311 for non-emergency city services during a heat wave