



Heluna Health®

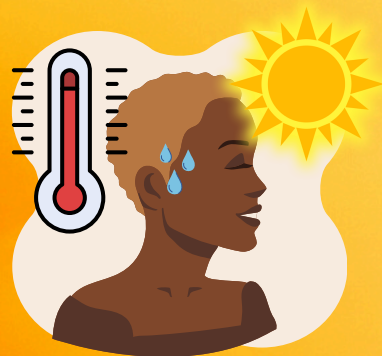
## EXTREME HEAT AND PREGNANCY

# Dangers of Extreme Heat for Pregnant Moms and Babies

Hot and humid weather can cause health problems for pregnant moms and babies, including:



**Dehydration**



**Heat Stroke,  
Heat Illness**



**High Blood  
Pressure,  
Preeclampsia**



**Mental Health  
Problems**



**Reduced Blood  
Flow to Placenta**



**Baby Born Very  
Early or Small**



**PROTECT YOUR HEALTH ON VERY HOT DAYS**

For more information, see the Fact Sheet from the American Public Health Association (APHA), Children's Environmental Health Committee: <https://bit.ly/ExtremeHeatPregnancyHealth>



## EXTREME HEAT AND PREGNANCY

# Know the Signs of Heat Illness

Heat can be dangerous for pregnant women.  
Know the signs and what to do.

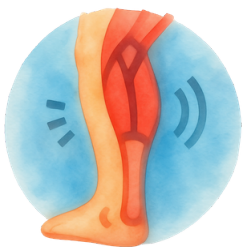
### Moderate Heat Illness



**Sweating a lot**



**Clammy skin**



**Muscle cramps**

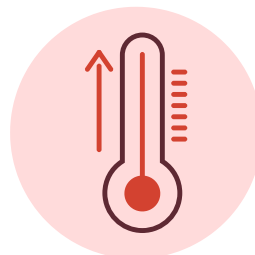


**Headache, or feeling weak, tired or dizzy**

#### WHAT TO DO

- **Cool your body:** water, shade, air conditioning, loose clothing, cool cloths
- Get emergency care if symptoms last for over 1 hour

### Heat Stroke



**Fever above 102°F**



**Confusion or slurred speech**



**Nausea or vomiting**



**Loss of consciousness**

#### WHAT TO DO

- **Call 911** or go to the nearest emergency room right away
- Do not give fluids if unconscious



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## EXTREME HEAT AND PREGNANCY

# Protect Yourself and Your Baby From Extreme Heat

Hot and humid weather can cause health problems for pregnant women. Here are ways to protect yourself:



### STAY COOL

- Limit outdoor activity
- Wear loose, light-colored clothes, a hat, and sunscreen
- Take a cool shower
- Stay in an air conditioned place



### STAY HYDRATED

- Drink plenty of water or electrolyte water
- Avoid carbonated drinks, energy drinks, and alcohol



### STAY CONNECTED

- Sign up for local weather alerts
- Make plans to have someone check in with you, and help get you medical care if needed



### SEEK CARE

- Call 911 or get emergency care if you feel very sick or if moderate symptoms last more than 1 hour



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## EXTREME HEAT AND PREGNANCY

For Pregnant Mothers:

# Create a Heat Action Plan

Talk to your doctor or healthcare provider about creating a plan. Here are some ways to start the conversation:

I'd like to make a plan to protect myself and my baby on very hot days.

Can you work with me to put together a plan?

Do any of my medications make me more sensitive to heat or more dehydrated?

Should I make any changes on very hot days?

How much water should I drink on very hot days?



[Download the Heat Action Plan Template](#)



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## EXTREME HEAT AND PREGNANCY

For Healthcare Providers:

# Talk to your Patients about a Heat Action Plan

Here are some ways to start the conversation:

Hot days can be dangerous for pregnant women, even if you normally feel fine. Let's make a plan to keep you safe on hot days.

As it gets hotter, I want to make sure you and your baby stay healthy. Let's talk about heat safety at home and at work.

Some medications may make you more dehydrated or sensitive to heat. Let's make a plan for hot days to help you stay healthy.



**CDC CHILL'D-Out  
Assessment Tool**



**AmeriCares Sample  
Plan Template**



## PROTECT YOUR PATIENTS' HEALTH ON VERY HOT DAYS

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