



Infants in hot weather

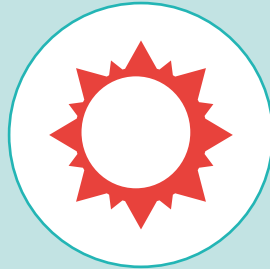


PRACTICAL TIPS



Light clothes

Dress your child in light and layered clothing according to the temperature and, if possible, with a hat



Attention to sun exposure

Infants under 6 months should not be exposed directly to the sun.
Use sunscreen for babies over 6 months



Frequent hydration

Breastfeed or bottle more often



Cool environment

Use a fan to help circulate fresh air. If an air conditioner is used, the temperature must not be too low (ideally: 24°-26° C)



Refreshing baths

Give your baby a cool bath before bedtime



Shade, without covering

The canopy of the pram should provide shade, but always allow air to circulate (don't cover with a blanket or cloth)

Warning signs for heatstroke

- high fever
- strong sweating that suddenly stops
- rapid heart rate and breathing
- vomiting
- irritability
- dark urine or dry diaper
- dry mouth, lips and eyes
- drowsiness and weakness

If your child has one or more of the symptoms listed above, he/she needs urgent treatment.
Contact your paediatrician or the nearest emergency room.