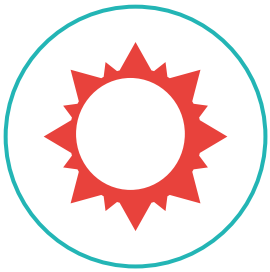
Viviamo Bene

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

Breast- or bottle-feed more often.

REFRESHING BATHS

Give your baby a cool bath before bedtime.

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).

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 here, they need urgent treatment. Contact your paediatrician or the nearest emergency room.

ti Dipartimento della sanità e della socialità

APSI Associazione Pediatri della Svizzera Italiana

www.ti.ch/canicola