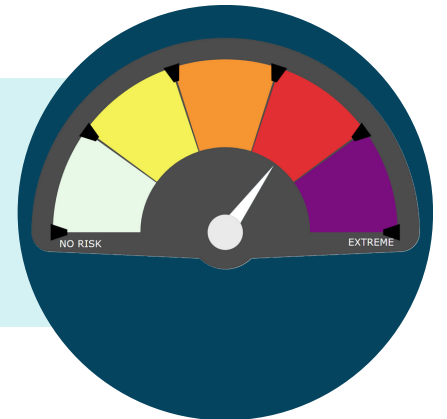
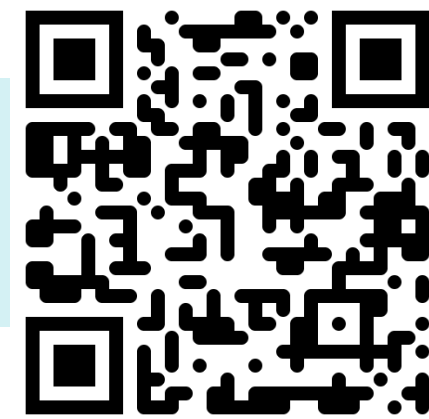


# 5 Steps to Prepare for Hot Days For Pregnant Women

Being outside can be good for your health, but for pregnant women, heat can increase health risks. Use these tips and action items, when possible, to stay safe on hot days.

## 1 Stay cool

- Check your local *HeatRisk* by entering your zip code on the **CDC HeatRisk Dashboard**.
- Most pregnant women are sensitive to heat on **Orange** heat risk days, but some are sensitive on **Yellow** days. Work with your doctor to know when to take action. Actions include:
  - If you are *outside*, especially for a long time:
    - Stay in the shade as much as possible; take breaks when you can.
    - Check the local weather forecast and do outdoor activities during the coolest parts of the day or evening, if possible.
  - When you are *indoors*:
    - Use air conditioning, if available, or find and go to a location with one.
    - Use a fan to cool your body off, only when indoor temperatures are less than 90°F.
- On **Red** and **Magenta** days, limit your time outside if possible and check the HeatRisk dashboard for additional actions.



If I need to stay cool, I can go here: \_\_\_\_\_

I need to start taking action to stay safe (circle):

- **Yellow HeatRisk**
- **Orange HeatRisk**

Here's who can check on me on hot days: \_\_\_\_\_

## 2 Stay hydrated

- Carry a water bottle. Drink and refill the water bottle throughout the day.
- Limit beverages high in sugars, sodium, and caffeine, if possible.
- Check your urine color. When it's light yellow or clear, it usually means you are drinking enough water.
- Talk to your doctor about how to manage fluids given your pregnancy.

## 3 Check for heat-related symptoms

If your body gets too hot, you can get sick. Know signs of worsening pregnancy complications. Know when to seek care.

Unusually heavy sweating



Headache



Cramping



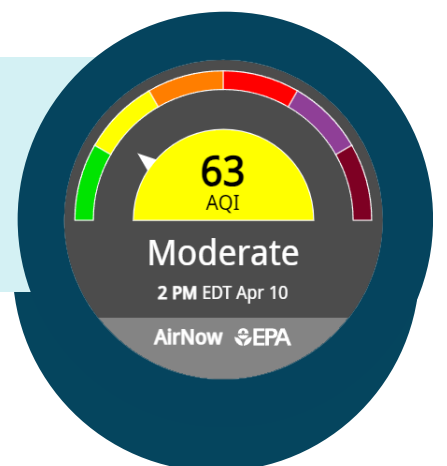
Other signs can include shortness of breath, tiredness, weakness, nausea, and dizziness.

I will seek medical attention when: \_\_\_\_\_

If I am feeling overheated, I will: \_\_\_\_\_

## 4 Check air quality

Heat can make air quality worse. Poor air quality can worsen symptoms.



You can check local air quality on the **HeatRisk Dashboard**. The Air Quality Index (AQI) indicates how healthy your outdoor air is to breathe, ranging from 0 (good) to 500 (hazardous).

Less than 100

For most people, this is a good day to be active outside.

- Some pregnant women are sensitive to air pollution when the air quality is 51-100. Talk to your doctor to see if this applies to you.

More than 100

Outdoor air is unhealthy.

- Consider limiting outdoor activity.

When **indoors**,

- Use a portable air purifier, if available.
- Reduce sources of indoor air pollution, like cigarette smoke.

Steps I can take to keep air in my home clean:

- Reduce indoor pollutants, like candles, air fresheners, and cigarette smoke
- Bring outdoor air in when cooking (when AQI less than 100)
- Use a portable air purifier

## 5 Have a medication plan

Many medicines can make you dehydrated or overheated on hot days. Also, some need to be kept out of hot places.

- Don't stop or change your medicines until you talk to your doctor.
- Heat can cause power outages. Have a plan for what to do with refrigerated medications and electronic medical devices.
- Store your medicines properly- some may need to be kept out of hot places.

When *HeatRisk* is orange or higher:

- No need to change my medications
- I need to make the following changes to my medications: \_\_\_\_\_

My backup plan for a power outage is: \_\_\_\_\_