

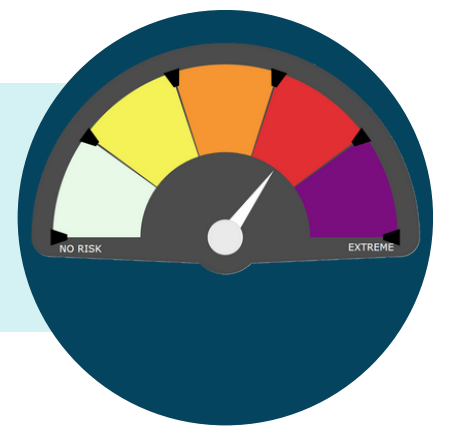
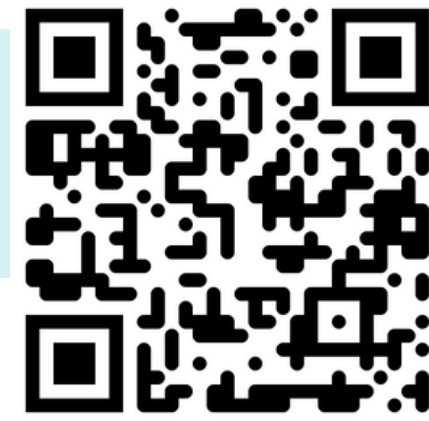
5 Steps to Prepare for Hot Days For Caregivers of Children with Asthma



Being outside is good for your child's health, but for children with asthma, heat and poor air quality 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 children with asthma are sensitive to heat on **Orange** heat risk days, but some are sensitive on **Yellow** days. Work with their doctor to know when to take action.
- Actions include:
 - If your child is *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 your child is *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 my child and I need to stay cool, we can go here: _____

My child needs to start taking action to stay safe (circle):

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

2 Stay hydrated

- Carry a water bottle. Drink and refill the bottle throughout the day.
- Limit beverages high in sugars, sodium, and caffeine, if possible.
- If your child's urine is light yellow or clear, it usually means they are drinking enough water.

3 Check for heat-related symptoms

If your child's body gets too hot, they can get sick. Know signs of worsening asthmatic symptoms.

Unusually heavy sweating



Shortness of breath



Dizziness



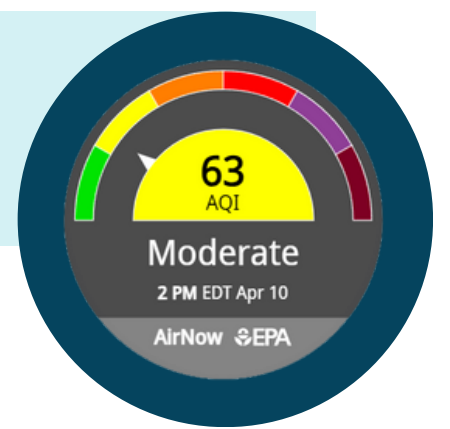
Other signs can include headache, tiredness, weakness, and nausea.

I will seek medical attention when:

If my child is feeling overheated, we will:

4 Check air quality

Heat can make air quality worse. Poor air quality can worsen asthma 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 people with asthma are sensitive to air pollution when the air quality is 51-100. Talk to your child's doctor to see if this applies.

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 your child dehydrated or overheated on hot days. Also, some need to be kept out of hot places.

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

When *HeatRisk* is orange or higher:

- No need to change my child's medications
- I need to make the following changes to my child's medications: _____

My backup plan for a power outage is: _____