

Info sheet "Protection of babies and small children in hot weather"



It is particularly important for babies and small children to be well protected in hot weather (especially from 30° C). The following hints and tips are intended to support this:

- If possible, keep babies and small children **at home between 10 AM and 7 PM**.
- In **high humidity**, sweating as the body's own cooling mechanism does not work very well – especially with babies and small children. Therefore, in humid climates, pay special attention to protection against overheating.
- Babies and small children **need to drink enough when it is hot**. Therefore, breastfeed or feed them more often or offer them water to drink again and again. A small appetite is normal and no cause for concern.
- Use **loose-fitting, light-coloured clothing** made of breathable fabrics such as cotton.
- Cooling with air conditioning, **room fans** (but avoid strong air flows), **lukewarm baths** (twice a day) or **compresses/wraps**.
- Move **playground visits** and **physical activities** to the cooler morning or evening hours.
- **NEVER** leave a baby or small child (or animal) **alone in the car** – not even for a moment. Do not stay in a stationary car for more than a few minutes in hot weather – even if accompanied by an older child or adult. If necessary, get out of the car and go to a shady place.
- Always cover the **head of babies and small children** when outdoors in heat/sunshine. Protect **parts of the body not protected by clothing** with sunscreen (sun protection factor 30+).
- Outdoors, babies and small children should **stay in the shade**. If there is no shade, use umbrellas to cover/protect the head and body.
- Avoid **heat accumulation in closed prams/strollers** (by using a sunshade etc.).
CAUTION: Do not hang up cloths or blankets that cover the entire pram.
- In case of changes in the baby's / child's **body temperature** or other abnormalities, e.g. **unusual sleepiness, drowsiness** – if in doubt, call 1450 or a doctor.
- If babies are **ill** in hot weather (colds, especially diarrhoea) and **drink little**, call or see a doctor.



More questions about heat?



HEAT TELEPHONE – 0800 880 800 – Tips and personal advice on how best to protect your baby or small child and also yourself from exposure to heat



ONLINE CHANNELS (in German language)

<https://www.sozialministerium.at/Themen/Gesundheit/Gesundheitsfoerderung/Hitze.html>

<https://www.gesundheit.gv.at/leben/gesundheitsvorsorge/haut/umgang-mit-hitze.html>

The information sheet was prepared by the National Centre for Early Childhood Interventions (NZFH.at), established at the Austrian Health Institute (GÖG), based on the information on the health portal www.gesundheit.gv.at (see above) as well as on a contribution of the Bundesverband der Kinder- und Jugendärzte e. V. in Germany (see <https://www.kinderaerzte-im-netz.de/news-archiv/meldung/article/babys-sind-hitzeempfindlicher-als-erwachsene/>) and with the consultation of experts.