

## 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:

- During the hottest part of the day, **between 10 AM and 5 PM**, take babies and young children to cooler rooms or (shaded) areas – in particular, avoid direct sunlight and the intense midday heat.
- 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, by offering more liquids and ensuring the environment is shaded.
- Babies and small children **need to drink enough when it is hot**. Therefore, breastfeed more frequently or give your baby formula (initially) in a bottle, and also offer fresh water (especially to babies aged 10 months and over).
- Use **loose-fitting, light-coloured clothing** made of breathable fabrics such as cotton for your baby or toddler.
- 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** with a light sun 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 CHANNEL** (in German language)

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