



IT'S REALLY HOT!

400 —
300 —
200 —



PRECAUTIONS TO TAKE FOR CHILDREN

DURING VERY HOT WEATHER, THE HEALTH OF A CHILD UNDER 5 YEARS OLD CAN DETERIORATE QUICKLY.

MAKE SURE TO:



HAVE THE CHILD **DRINK WATER REGULARLY** AND CARRY A WATER BOTTLE IF POSSIBLE



COOL THE CHILD'S SKIN WITH A **WET TOWEL** SEVERAL TIMES A DAY



HAVE THE CHILD TAKE A **COOL BATH** AS OFTEN AS NEEDED



HAVE THE CHILD SPEND **FEW HOURS A DAY** IN AN **AIR-CONDITIONED OR COOL LOCATION**



PLAN THE CHILD'S OUTSIDE ACTIVITIES IDEALLY **BEFORE 10:00 AM AND AFTER 4:00 PM**



DRESS THE CHILD IN **LIGHT-COLOURED CLOTHING**



COVER HIS OR HER HEAD WITH A **WIDE-BRIMMED HAT**



FOR BABIES WHO ARE NURSING, LET THEM NURSE ON DEMAND. IT'S PERFECTLY NORMAL FOR THEM TO **NURSE MORE OFTEN**.

FOR BABIES WHO DRINK FORMULA, OFFER IT MORE OFTEN. FOR BABIES OVER SIX MONTHS, OFFER SMALL AMOUNTS OF WATER AFTER OR IN BETWEEN FEEDINGS.

NEVER LEAVE A CHILD OR BABY ALONE IN A CAR OR POORLY VENTILATED ROOM, EVEN FOR A FEW MINUTES.

IMPORTANT SIGNS TO WATCH FOR:

- LESS URINE OR DARK URINE
- DRY SKIN, LIPS OR MOUTH
- HEADACHE, VOMITING OR DIARRHOEA
- ABNORMAL, PALE OR RED SKIN COLOUR
- CIRCLES UNDER THE EYES AND EYES MAY APPEAR SUNKEN
- ELEVATED BODY TEMPERATURE, 38.5°C OR HIGHER (RECTAL)
- UNUSUALLY AGITATED, IRRITABLE OR CONFUSED
- DIFFICULTY BREATHING
- DROWSINESS, INCREASED SLEEP AND DIFFICULT TO WAKE UP

DOES YOUR CHILD PRESENT ONE OR MORE OF THESE SIGNS? DO YOU HAVE ANY HEALTH-RELATED QUESTIONS? CALL INFO-SANTÉ BY DIALLING 811 OR SPEAK TO A NURSE OR DOCTOR.

IN AN EMERGENCY, CALL 9-1-1.

LEARN MORE AT: [QUEBEC.CA](http://Quebec.ca)

Sun exposure for babies and young children

The particularly sensitive to the sun's rays, the skin of babies and young children needs to be exposed as little as possible, and be well protected at all times. Indeed, until the age of 3, children's pigment cells are not yet mature and contain less melanin than adults, lowering the natural barrier of protection against UVA and UVB rays.

At what age can you start applying sunscreen to a baby?

Sunscreen can be used from the age of 6 months. Before this stage, newborns should be kept in the shade. For outdoor outings, we recommend putting on a hat, sunglasses and light, loose-fitting clothing to cover arms and legs.

What's the best sunscreen for babies and children?

There are two types of sunscreen: chemical sunscreens and physical sunscreens (also known as mineral sunscreens). Mineral sunscreens are more recommended for protecting babies and children from the sun, as mineral filters, which contain zinc oxide, reflect the sun's rays, rather than absorbing them. What's more, mineral sunscreens have the advantage of being effective immediately, whereas chemical creams need to be applied 30 minutes before exposure to the sun.

3 tips for the correct application of children's sun cream

1. Don't wait until you're out and about to apply sunscreen. Instead, make it part of your morning routine by applying it before dressing your child.
2. Effective sun protection is above all regular sun protection. Reapply every two hours and after swimming or playing in the water.
3. To spread sunscreen more easily on your mini's face, neck and ears, use a make-up brush or a sunscreen applicator.