

Why Are Kids More Vulnerable To Heat Injuries?

The following factors make children much more vulnerable to heat injuries than adults:

- Kids generate more metabolic heat
- Kids have underdeveloped sweat glands
- Kids have small body mass to surface area ratio
- Kids dehydrate easily
- Kids engage in more outdoor activities
- Kids are born with excessive skin



Heat Injury Symptoms & Treatments

Symptoms	Dehydration	Heat Exhaustion	Heat Stroke
	<ul style="list-style-type: none">▪ Dark colored urine▪ Fewer wet nappies than usual, or no urination in 6-8 hours▪ Inadequate tear production▪ Sunken soft spot in the skull▪ Sunken eyes▪ Heat rash▪ Elevated body temperature▪ Vomiting▪ Lethargy▪ Dry mouth▪ Dry or sticky mucous membranes▪ Irritability, inconsolable crying and fussiness	<ul style="list-style-type: none">▪ Dizziness▪ Headache▪ Nausea▪ Elevated body temperature▪ Hot and dry skin▪ Increased breathing and pulse rates▪ Stomach and/or leg cramps	<ul style="list-style-type: none">▪ High body temperature▪ Red-hot dry skin▪ Loss of consciousness▪ Racing pulse▪ Rapid shallow noisy breathing
Treatments	Dehydration	Heat Exhaustion	Heat Stroke
	<p>Infants:</p> <ul style="list-style-type: none">▪ Nurse more frequently if infant is breastfed and the usual amount if bottle-fed▪ Give an infant Oral Rehydration Solution▪ Monitor temperature and give a sponge bath till the temperature subsides▪ Treat a heat rash by drying the affected area and dusting with powder▪ <u>Call your doctor</u> if infant is vomiting <p>Children (age 1 and above):</p> <ul style="list-style-type: none">▪ Give fluids in frequent, small sips, especially if the child is vomiting▪ Give Oral Rehydration Solution, clear soup, clear soda, ice chips, popsicles or cereal with milk▪ Monitor temperature and apply a cold compress	<p>Infants:</p> <ul style="list-style-type: none">▪ Move the child to a cool place and <u>seek urgent medical assistance</u>▪ Remove clothing, try to cool the infant down and replenish fluids while you wait for medical assistance <p>Children (age 1 and above):</p> <ul style="list-style-type: none">▪ Move the child to a cool place and remove clothing▪ Apply a cold compress on forehead and wrists▪ Monitor child's temperature▪ If the child has cramps, apply ice packs and gently stretch the muscles. <u>Do not massage the muscles</u>▪ Give Oral Rehydration Solution <p>* Seek emergency medical help if recovery is not prompt</p>	<p>All Children:</p> <ul style="list-style-type: none">▪ Move the child to a cooler place and <u>seek urgent medical assistance</u>▪ Use the same treatment as described, for Heat Exhaustion, while you wait for medical assistance to arrive

* If a child is suffering from heat stress and has a temperature of more than 39°Celsius (103°Fahrenheit) seek urgent medical attention!

CREATED BY:

