



Are You Summer-Ready?

# What You Need to Know Before the Heat Hits

## Disclaimer

The information provided in this guide is for educational and informational purposes only. I am not a medical professional, and the content herein should not be construed as medical advice. If you or someone in your care is experiencing symptoms of heat-related illness or any other medical emergency, contact your local medical services or call 911 immediately. When in doubt, always seek guidance from a qualified healthcare provider.



April 24, 2025

# BEAT THE HEAT - SUMMER SAFETY

Summer may bring the promise of fun and freedom, but it also arrives with rising risks—especially for our children. As temperatures soar earlier each year, now is the time to educate ourselves, not later when the heat is already here. At Emergency Action Planning, we believe that prevention starts with preparation. That's why we've enhanced our essential summer safety guide with timely, practical tips focused on protecting our most vulnerable—our kids. This isn't just about enjoying the season—it's about ensuring your family stays safe, hydrated, and healthy before the hottest days hit.

## 1. Keep Children Hydrated

Children are more susceptible to dehydration than adults, so it's crucial to pay extra attention to their hydration needs during the summer. Here are some tips to ensure they stay hydrated:

**Encourage frequent water breaks:** Remind children to drink water regularly, even if they're not feeling thirsty. Make it fun by using colorful water bottles or adding slices of fruits like lemon or strawberries to infuse flavor.

**Provide hydrating snacks:** Offer water-rich fruits and vegetables like watermelon, cucumbers, and oranges as snacks. These not only provide hydration but also essential vitamins and minerals.

**Avoid sugary drinks:** Limit the consumption of sugary beverages like soda and fruit juices, as they can contribute to dehydration. Opt for water or diluted fruit juices instead.

Where we are  
**TODAY**

## 2. Dress Children in Sun-Protective Clothing

Protecting children's delicate skin from harmful UV rays is crucial in preventing sunburns and long-term damage. Follow these clothing tips to keep them safe:

**Cover up:** Dress children in lightweight, long-sleeved shirts and long pants to minimize sun exposure. Look for clothing made with tightly woven fabrics for better protection.

**Choose wide-brimmed hats:** Select hats with wide brims that shade the face, ears, and neck. Hats made from breathable materials like cotton are ideal for keeping children cool.

**Use UV-protective swimwear:** When swimming, choose swimwear that offers UV protection. Look for swimsuits labeled with UPF (Ultraviolet Protection Factor) to ensure maximum sun protection.

## 3. Apply Sunscreen Regularly

Sunscreen is vital in protecting children's skin from harmful UV rays. Follow these guidelines when applying sunscreen:

**Select child-friendly sunscreen:** Choose a broad-spectrum sunscreen with an SPF of 30 or higher that is specifically formulated for children's sensitive skin. Look for products that are hypoallergenic and fragrance-free.

**Apply generously:** Ensure sunscreen is applied to all exposed areas of the body, including the face, neck, arms, and legs. Encourage children to participate in the application process, making it a fun and interactive experience.

**Reapply frequently:** Reapply sunscreen every two hours or more often if children are swimming or sweating excessively. Set a timer or use a waterproof sunscreen to ensure continuous protection.







#### 4. Create a Safe Outdoor Environment

When children engage in outdoor activities, it's essential to create a safe environment that minimizes the risk of heat-related illnesses. Here's how you can do it:

**Provide shaded areas:** Set up shade tents, umbrellas, or canopies in outdoor play areas to create shaded spots where children can take breaks from the sun.

**Schedule outdoor activities wisely:** Plan outdoor activities during cooler parts of the day, such as early morning or late afternoon. Avoid peak sun hours between 10 am and 4 pm when the sun's rays are the strongest.

**Educate children about sun safety:** Teach children about the importance of sun protection. Encourage them to seek shade, wear hats and sunglasses, and remind them to drink water regularly.

#### 5. Recognize and Treat Heat-related Illnesses

It's essential to be aware of the signs and symptoms of heat-related illnesses and know how to respond. Here's what you need to know:

**Heat Cramps:** Characterized by painful muscle cramps and spasms during or after intense exercise and sweating in high heat.

**Heat Exhaustion:** Look out for symptoms such as excessive sweating, fatigue, dizziness, nausea, and clammy skin. If a child shows signs of heat exhaustion, move them to a cool place, have them drink water, and apply cool compresses to their body.

**Heatstroke:** Heatstroke is a severe medical emergency. Symptoms include high body temperature, rapid breathing, confusion, and loss of consciousness. Call emergency services immediately and take steps to cool the child down, such as applying cold wet towels to their body.

## Why Now? Because Summer Is Coming:

By following these additional summer safety tips specifically focused on protecting yourself and your children from the heat and sun, you can ensure they enjoy a safe and memorable summer. Remember to lead by example and implement these practices in your routine as well

The urgency to prepare for summer heat isn't just a precaution—it's a necessity. Climate change has intensified the frequency and severity of heatwaves across the United States, making them more dangerous than ever before. Cities like Phoenix, Las Vegas, and Sacramento have experienced record-breaking temperatures, with some areas enduring consecutive days of extreme heat that strain infrastructure, health systems, and daily life

These aren't isolated incidents. The National Weather Service has reported a significant uptick in heat advisories and warnings, indicating a broader trend of escalating temperatures nationwide. This shift means that what was once considered an occasional heatwave is becoming a regular summer occurrence, posing increased risks to vulnerable populations, especially children, the elderly, and those with pre-existing health conditions.

To stay informed and ahead of these dangerous conditions, individuals can utilize the New York Times' interactive Heat Wave Map Tracker. This tool provides real-time updates on temperature spikes, forecasts, and heat advisories across the U.S., allowing users to monitor their local areas and plan accordingly. By regularly checking this resource, families can make informed decisions about outdoor activities, hydration needs, and other safety measures to mitigate the risks associated with extreme heat.

Incorporating this level of vigilance into your summer routine isn't just about comfort—it's about safety. By understanding the evolving climate patterns and utilizing available resources, you can take proactive steps to protect yourself and your loved ones from the escalating dangers of summer heat.

<https://www.nytimes.com/interactive/2022/us/heat-wave-map-tracker.html>

# Our OVERVIEW

At Emergency Action Planning, we are committed to providing you with valuable information and resources to keep you and your children safe and healthy throughout the summer. Stay tuned for more expert tips and advice on how to protect your loved ones during this sunny season.

<https://www.emergencyactionplanning.com>



**SUMMER SAFETY TIPS  
BACK PAGE**

**Scan the QR Code below and lets talk  
about the legacy you will leave behind.  
Dream - Develop - Deliver**



[www.talkwithdaniel.com](http://www.talkwithdaniel.com)