black infant health
Empowering Pregnant and Mothering Black Women

blackinfanthealth.org

Hot Weather Safety for You and Baby

Being outside can be good for your health, but for pregnant women, heat can increase health risks. Use these tips and action items, when possible, to stay safe on hot days.

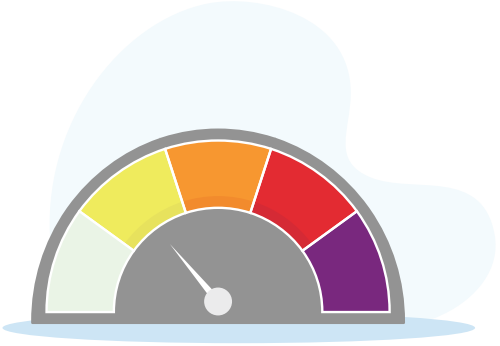
STAY COOL

Check your local HeatRisk by entering your zip code on the CDC *HeatRisk* Dashboard: cdc.gov/HeatRisk

On Red & Magenta days, limit your time outside & check the **CDC *HeatRisk* Dashboard** for more actions.

Most pregnant women are sensitive to heat on **Orange** heat risk days, but some are sensitive on **Yellow** days. Work with your doctor to know when to take action. Actions include:

- If you are outside, especially for a long time:
  - Stay in the shade as much as possible; take breaks when you can.
  - Check the local weather forecast & do outdoor activities during the coolest parts of the day or evening, if possible.
- When you are indoors:
  - Use air conditioning, if available, or find and go to a location with one.
  - Use a fan to cool your body off, when indoor temperatures are less than 90°F.



If I need to stay cool, I can go here:

_____

Here's who can check on me on hot days:

_____

I need to start taking action to stay safe (circle):

Yellow *HeatRisk* **Orange *HeatRisk***

STAY HYDRATED

- Carry a water bottle. Drink and refill the water bottle throughout the day.
- Limit beverages high in sugars, sodium, and caffeine, if possible.
- Check your urine color. When it's light yellow or clear, it usually means you are drinking enough water.
- Talk to your doctor about how to manage fluids given your pregnancy.

CHECK FOR HEAT-RELATED SYMPTOMS

If your body gets too hot, you can get sick. Know signs of worsening pregnancy complications. Know when to seek care.

Common signs of heat related symptoms can include:

- Unusually heavy sweating
- Headache
- Cramping

Other signs can include shortness of breath, tiredness, weakness, nausea, and dizziness.

I will seek medical attention when:

_____

_____

If I am feeling overheated, I will:

_____

_____

CHECK YOUR LOCAL AIR QUALITY

Heat can make air quality more severe. Poor air quality can worsen symptoms.

You can check local air quality on the HeatRisk Dashboard. The Air Quality Index (AQI) indicates how healthy your outdoor air is to breathe, ranging from 0 (good) to 500 (hazardous).

LESS THAN 100

On average, this is a good day to be active outside.

- Some pregnant women are sensitive to air pollution when the air quality is 51-100. Talk to your doctor to see if this applies to you.

MORE THAN 100

Outdoor air is unhealthy.

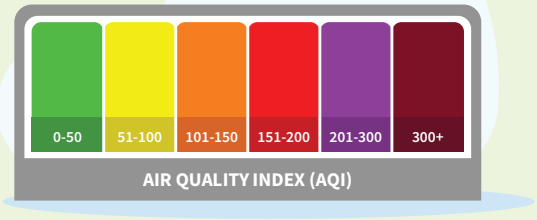
- Consider limiting outdoor activity.

When indoors,

- Use a portable air purifier, if available.
- Reduce sources of indoor air pollution, like cigarette smoke.

Steps I can take to keep air in my home clean:

- ☐ Reduce indoor pollutants, like air fresheners, candles, and cigarette smoke
- ☐ Bring outdoor air in when cooking (when AQI is less than 100)
- ☐ Use a portable air purifier



HAVE A MEDICATION PLAN IN PLACE

Many medicines can make you dehydrated or overheated on hot days. Also, some need to be kept out of hot places.

- Don't stop or change your medicines until you talk to your doctor.
- Heat can cause power outages. Have a plan for what to do with refrigerated medications and electronic medical devices.
- Store your medicines properly- some may need to be kept out of hot places.

When ***HeatRisk*** is **Orange** or higher:

- ☐ No need to change my medications:
- ☐ I need change my medications to:

_____

My backup plan for a power outage is:

_____

Please visit for more info:
cdc.gov/heat-health/hcp/clinical-overview/heat-and-pregnant-women.html