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Heat advisory - Tips to prevent heat-related injuries and illnesses

PHOENIX, Ariz. (July 2, 2008) – The National Weather Service has issued a heat advisory for the Greater Phoenix area effective until eight p.m. Friday. Phoenix Children's Hospital provides tips for Valley families to prevent heat-related injuries and illnesses.

- High temperature days can cause the temperature inside a vehicle to reach dangerous levels. Never leave a child alone in a car, truck or van. **A car parked in direct sunlight for only 15 minutes can get to 131 to 172 degrees inside.** High Temperatures could lead to heat exhaustion or death.
- Cover metal parts of car seats in hot weather. Belt and harness buckles can cause serious burns to children.
- Limit children's time outdoors between the sun's peak intensity hours of 10 a.m. and 4 p.m., keeping outside play to 30 minutes.
- Use sunscreen with an SPF of 25 or higher 15 to 30 minutes before going outside. Reapply every three to four hours, more often if swimming or sweating.
- Dress children in light weight, light colored, and loose fitting clothes. Hats (with brims and bills) and sunglasses help protect from the sun and ultraviolet light.
- Kids should drink 16 ounces of water every four to six hours. Additionally, sports drinks include a balance of minerals and vitamins which help to hydrate the body.
- Know the warning signs of heat exhaustion including headaches, dizziness, vomiting, muscle aches, paleness, heavy sweating, etc. Phoenix Children's recommends placing kids in a shady location with loose fitting clothes and lots of water. Seek medical attention if symptoms are severe, get worse, or last more than one hour.

About Phoenix Children's Hospital

Phoenix Children's Hospital is Arizona's only licensed children's hospital, providing world-class care in more than 40 pediatric specialties to our state's sickest kids. Though Phoenix Children's is one of the ten largest freestanding children's hospitals in the country, rapid population growth in Arizona means the Hospital must grow as well. Phoenix Children's recently announced a \$588 million expansion plan to bring its special brand of family-centered care to even more patients and families. The plan includes a significant upgrade of the Hospital's current campus, an aggressive physician recruitment effort, and new satellite centers in high growth areas of the Valley. For more information, visit the Hospital's Web site at www.phoenixchildrens.com.