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Tips From Phoenix Children's Hospital To Prevent Heat-Related Illnesses

PHOENIX, Ariz. (June 12, 2006) – The National Weather Service has issued a heat advisory for the Greater Phoenix Area on Tuesday, June 13. Phoenix Children's Hospital provides tips for Valley families to prevent heat-related illnesses.

- Limit 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 in light weight, light colored, and loose fitting clothes. Hats (with brims and bills) and sunglasses help protect from the sun and ultraviolet light.
- 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 the person 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.

Phoenix Children's Hospital is Arizona's leader in pediatric care and is one of the 10 largest free-standing children's hospitals in the nation. The most comprehensive array of pediatric specialists in the State practice at this one organization. The outstanding clinical expertise, as well as high patient volume, and an unwavering commitment to caring only for children, all contribute to Children's leadership position. For information about Phoenix Children's, visit the Hospital's award-winning website at www.phoenixchildrens.com.