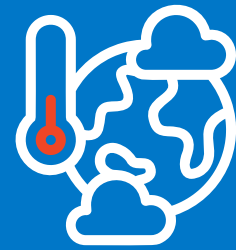


Heat and Pregnancy



Summers are getting hotter. Extreme heat has been linked to problems in pregnancy, including preterm birth, stillbirth, gestational diabetes, and low birth weight. Keep reading to see how you can protect yourself and your child from the heat.

EXTREME HEAT DEFINITIONS

Heat Index	“Real feel” temperature. An estimate of how it feels when air temperature and humidity are combined. If it is humid, it will feel hotter!
Heat Wave	The National Weather Service defines a heat wave as at least three consecutive days with high temperatures of at least 90°F.
Heat Advisory	In New York City, a Heat Advisory is issued when the heat index is forecast to reach 95°F to 99°F for at least two consecutive days or 100°F to 104°F for any length of time.

SIGNS OF HEAT-RELATED ILLNESS

- Painful red and warm skin
- Red clusters of small blisters that look like pimples on the skin
- Heavy sweating while outside that leads to muscle pain or spasms
- Fast, weak pulse
- Cold, pale, and clammy skin
- Nausea or vomiting
- Tenderness or weakness, dizziness, headache, or fainting.
- High body temperature (103F+)
- Losing consciousness
- Preterm contractions
- Decreased fetal movement

Call your doctor if you are experiencing any of these symptoms!

RECOMMENDATIONS FOR EXTREME HEAT

- 1 Drink non-alcoholic, non-caffeinated, non-sugared fluids to keep well-hydrated
- 2 Limit outdoor activities and exercise
- 3 Avoid using the stove/oven
- 4 Wear lightweight, loose-fitting clothing
- 5 Know the signs of preterm labor and contact your doctor if you are experiencing any of the symptoms
- 6 If you are overheating, cool down by applying wet cloths to your skin, and take a cool shower or bath.



TRYING TO STAY COOL WITHOUT AIR CONDITIONING?

- Open windows when it is cooler outside than inside your apartment and set up a fan for a cross-breeze
- Place cold water in front of your fan for extra cooling
- Seek out public air-conditioned spaces (libraries, etc.) or cooling centers



Seek Cooling Centers (Scan the QR code to find centers and other ways to stay cool in New York City)