



HeatReadyCA.com

FIVE WAYS TO PROTECT YOURSELF ON HOT DAYS

TIPS FOR PREGNANT PEOPLE



LEARN MORE AT
[HEATREADYCA.COM](https://www.heatreadyca.com)

People who are pregnant are more vulnerable to heat stress because during pregnancy the body's ability to regulate sudden changes in temperature.



WHAT IS AN EXTREME HEAT EVENT?

An extreme heat event is two or more days and nights of unusually high heat for your region.

California is experiencing more frequent episodes of extreme heat, creating a greater danger to Californians from heat-related illness.



1

KNOW THE SIGNS

Heat exhaustion signs include heavy sweating, weakness, dizziness, nausea and headache. Heat stroke symptoms include a fever of 103 or higher, confusion, and loss of consciousness. If you are suffering from heat stroke, seek medical attention immediately.



2

STAY HYDRATED

Drink plenty of water throughout the day to beat the heat and keep yourself well-hydrated.



3

KEEP COOL

Know where your local cooling center is located and where to find transportation. Set your A/C to 75–80 degrees. If air-conditioning isn't available, visit spaces with air-conditioning, like a cooling center, library, community center or shopping center.



4

SUNSCREEN UP

Shield your skin with pregnancy-safe sunscreen to avoid sunburn.



5

TALK TO YOUR DOCTOR

Be sure to talk to your healthcare provider or OBGYN if you are taking any medications that may increase your body temperature and ask how you can protect yourself during extreme heat events.

