



PROTECT YOUR CHILD FROM FALLING SICK IN THE SUN



Children under five years have slow adaptability to hot weather and sweat less. Prolonged exposure to heat from surroundings can make them sick.

RISK FACTORS

1

Hot and/or humid weather

2

Poor nutrition status

3

Little sleep/ rest

4

Less intake of fluids

5

Excessive physical exercise

6

Small children in their first summer

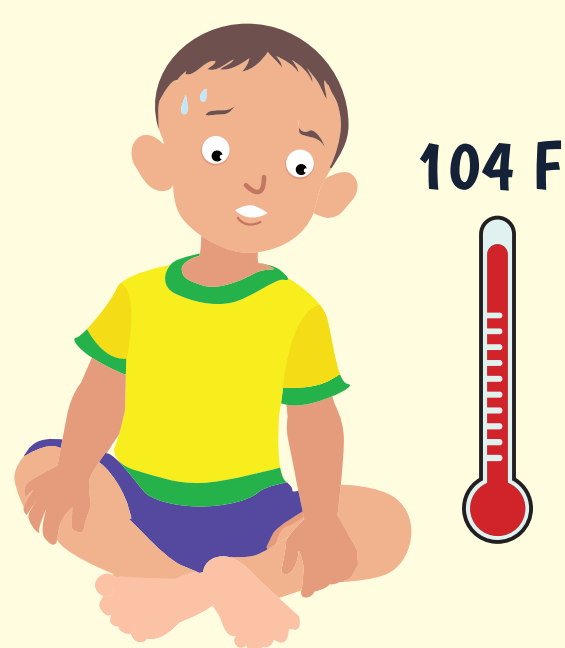
HARMFUL EFFECTS



Painful cramps and spasms after physical activity



Intense thirst and sweating



High body temperature



Fainting

MILD

SEVERE



Confusion and dizziness



Seizures, delirium or coma



Nausea and vomiting

REMEMBER

- ✓ Cover head with white cap or handkerchief in sun
- ✓ Plenty of liquid such as water, ORS, buttermilk, juices, rice water, lemon water, etc, regularly
- ✓ Small feeds after every two hours
- ✓ Breastfeed babies more. Lactating mothers drink plenty of water
- ✓ Cover the skin from sun with lightweight, light-coloured, loose, and porous cotton clothes
- ✓ Provide shade, bath or spray water if child feels hot

AVOID

- ✗ Sun exposure from 11AM to 4 PM
- ✗ Direct exposure of skin to sunlight
- ✗ Dark colored, synthetic or thick clothes
- ✗ Making child walk barefoot
- ✗ Leaving child in parked or closed vehicles
- ✗ Long distance travel with small children

CHILD TO BE TAKEN TO NEAREST HEALTH FACILITY AT THE EARLIEST