



HOW TO MANAGE HEAT RELATED ILLNESS IN CHILDREN



Children under five years have slow adaptability to hot weather and sweat less. Prolonged exposure to heat from the surroundings can have mild to severe effects on them.

Know how to manage heat related illness

Immediately



- 1 Move the child to a cool shady place
- 2 Loosen tight clothes
- 3 Give cold sponge bath or bath with cold water
- 4 Give oral fluids such as water, natural juices, salt and sugar, lime water, or ORS



Amount to be given over 4 hours

6 months – 1 year

2-3 glasses

1-2 years

3-4 glasses

2-5 years

4-6 glasses

If unconscious, lethargic or vomiting



- 1 Do not give oral fluids
- 2 Position child in lateral position (side) and keep neck extended

Manage seizures



- 1 Put child on his/her side
- 2 Wipe mouth if drooling, foaming or bubbling
- 3 Cover eyes from clean cloth
- 4 Put clean cloth between teeth to prevent tongue bite
- 5 If child becomes conscious give him/her one teaspoon sugar in 1/4th glass of water

CHILD TO BE TAKEN TO NEAREST HEALTH FACILITY AT THE EARLIEST