



MEMORANDUM

TO: DCF All Staff
FROM: CT DCF Commissioner Vanessa Dorantes
DATE: July 18, 2019
SUBJECT: Heat Advisory

According to Connecticut forecasters, the temperature is expected to be well into the 90s over the next few days. This heat has the potential to be a serious life-threatening situation, particularly for children, if appropriate steps are not taken to prevent heat exposure. This message is to encourage all staff to be cautious and to share with caregivers of children the following reminders during periods of extreme heat this summer.

Here are some prevention tips to help children and staff stay healthy in extreme summertime heat:

- **Never** leave children or anyone in a closed, parked vehicle. Temperatures rise to unsafe limits within minutes.

[New Warnings About Leaving Kids and Pets in Hot Cars](#)

- Restrict physical activity.
- Keep children indoors, if possible, or in a cool area out of direct sunlight. Use air conditioning if possible.
- Stay hydrated. Don't wait until thirsty to drink more fluids. Avoid caffeine, or large amounts of sugary drinks.
- Limit outdoor activity to early morning and evening hours.
- Rest often in shady areas.
- Use sunscreen (SPF 15 or higher), wide brimmed hats and sunglasses when outdoors
- Know the signs and symptoms of heat stroke, heat exhaustion and heat cramps.

Heat Stroke: Most serious heat related illness. Requires emergency medical treatment. Hot, dry skin, shallow breathing, rapid, weak pulse, confusion, loss of consciousness. Body temperature exceeds 105 degrees F. Move person to cool area, sponge with cool water. Obtain emergency medical assistance.

Heat Exhaustion: Heavy sweating, weakness, and cold, pale, clammy skin. May be fainting and vomiting. Move person to a cool area out of sunlight, sponge bathe with cool water and fan. Give sips of water every 15 minutes for 1 hour.

Heat Cramps: Painful spasms usually in the legs or abdomen, heavy sweating. Apply firm pressure on cramping muscles or gently massage muscles. Sips of water every 15 minutes for 1 hour.

If you have concerns about a child's health or responsiveness because of heat, when in doubt, call 911.