

IS IT HEATSTROKE?



TexasChildcareTraining
practical training for busy childcare professionals

The following are a list of signs and symptoms of heatstroke in infants and toddlers. In the hot months of summer, caregivers need to be extra vigilant about heat and dehydration, especially since small children can not always express when they are thirsty.

- A temperature of 103 degrees Fahrenheit (39.4 degrees Celsius) or higher
- Hot, red, dry skin
- Rapid pulse
- Restlessness
- Confusion
- Dizziness
- In infants: Sunken soft spot (fontanelle)
- Headache (can cause irritability)
- Vomiting
- Rapid, shallow breathing
- Lethargy
- Unconsciousness
- Dry mouth and eyes
- Small urine output

If you believe that a child in your care has developed heat stroke, please go immediately to the hospital or call 911