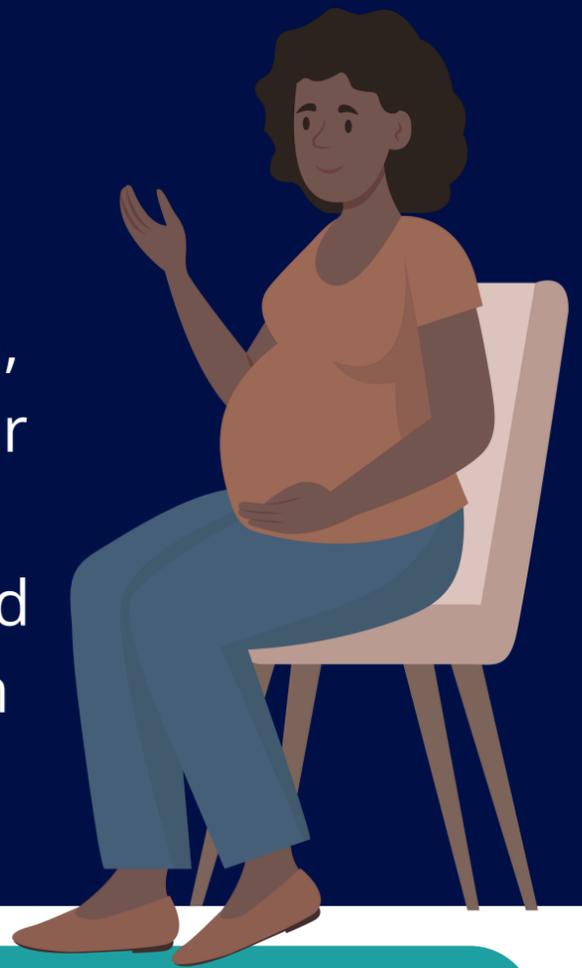


WHAT YOU NEED TO KNOW: EXTREME HEAT & PREGNANCY

Pregnant women are more sensitive to heat. High temperatures can lead to dehydration, heat exhaustion, and other health problems for you and your baby. The good news is that most heat-related illnesses are preventable with simple steps.



WHY IT MATTERS DURING PREGNANCY

- Your body works harder to cool down during pregnancy.
- Dehydration can occur quickly and affect blood flow to your baby.
- Exposure to extreme heat increases the chance of preterm birth by 16% and may also lead to low birth weight and high blood pressure during pregnancy.

KNOW THE WARNING SIGNS

- Headache, dizziness, or fainting
- Nausea or vomiting
- Fast heartbeat
- Heavy sweating — or no sweating
- Muscle cramps
- Feeling confused or “off”

HOW TO STAY SAFE & COOL

- Drink water throughout the day — don't wait until you're thirsty.
- Rest often in shade or air conditioning.
- Avoid outdoor activity during peak time.
- Wear loose, light clothing.
- Take cool showers or use a damp cloth on your neck, wrists, and face.
- Keep curtains closed during the day to lower indoor heat.
- Never stay in a parked car, even for a few minutes.
- Visit free public places with AC (library, mall, community center).
- Residents statewide can dial 2-1-1 to find a nearby cooling center.



WHEN TO SEEK MEDICAL CARE

- You feel faint, confused, or stop sweating.
- Vomiting doesn't stop.
- You notice reduced fetal movement after overheating.
- You experience contractions or cramping after being in the heat.
- Use the CDC's Heat & Health Tracker app, available online at ephtracking.cdc.gov/Applications/heatTracker, to plan your day. It provides info on heat index and air quality by ZIP code.

REMEMBER

- Staying cool keeps you and your baby safe.
- Recognize signs that medical help is needed.
- If you haven't urinated in over 24 hours or if you experience frequent uterine cramps, contact your health care provider.
- Taking small steps can make a big difference — reach out to your primary care physician, OB/GYN, or WIC clinic.

**VISIT OUR WEBSITE TO LEARN MORE:
[LDH.LA.GOV/PAGE/LA-HEAT](https://ldh.la.gov/page/la-heat)**

