EXCESSIVE HEAT & PREGNANCY

Taking care of yourself is the first step to caring for your baby.





WHY PROTECT YOURSELF FROM EXTREME HEAT?

Pregnant people are more vulnerable to heat illness.

Exposure to excessive heat can reduce the blood flow in your uterus and the amount of nutrients and oxygen your baby receives through the placenta. Your baby needs lots of oxygen and nutrition to develop and have an optimal birth weight.

In extreme heat it is easy to get dehydrated. Constant dehydration during pregnancy may trigger complications that can lead to premature birth.



WHY ARE BLACK WOMEN AND BABIES AT THE HIGHEST RISK DURING HOT WEATHER?

Black women are more likely to live in homes that are:

- located in unfinished neighborhoods
- does not have central air-conditioning
- in "heat-islands" which are spaces with less green space and more asphalt

WHAT IS PRETERM BIRTH/DELIVERY?

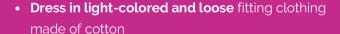
- Preterm birth is when a baby is born early--37 weeks or sooner
- Babies born too early and babies with low birth weights are more likely to die in their first year of life
- In Fresno, Native American and Black women experience the highest rates of preterm birth, low birth weight babies, and infant mortality

TIPS TO PROTECT YOURSELF AND BABY:

- Remember to drink at least 8 to 12 cups of water every day. Try to drink 2-3 cups of water per hour, or more if you are sweating heavily.
- Limit outdoor activities to when it is the coolest (morning and evening)
- Check your local news for extreme heat alerts and know where the nearest cooling shelter is in your area
- Keep your **blinds or curtains closed**. This helps decrease the heat entering through windows
- If possible, **dry clothes outside** instead of using dryer or hanging clothes inside

Learn more: bit.ly/3AHpAkF Reviewed on 11/1/2024







• Use a microwave or toaster oven to prepare meals instead of a traditional oven



Wet a clean cloth and freeze it to use as a cooling compress



 Set your ceiling fan counterclockwise at high speed



- Unplug gadgets and small appliances
- Try to stay **inside** an air-conditioned place



Incandescent bulbs waste 90% of their energy as heat. Replace those with fluorescent or LED bulbs