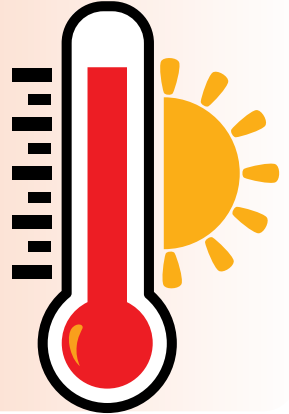


Extreme Heat in Schools

How to keep children safe and healthy during hot school days

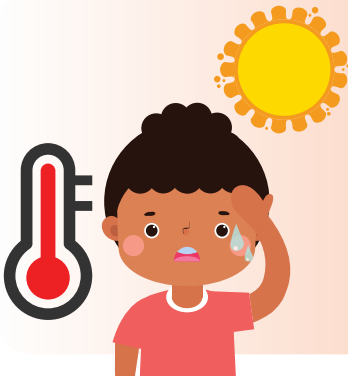
What is it and Why it Matters

- Extreme heat in schools can happen when classrooms and other indoor spaces get too warm.
- In New York State, an “extreme heat condition day” is when the occupiable spaces are 82°F or higher. This does not include kitchen spaces used for food preparation.
- Children are more vulnerable to heat and may not recognize symptoms right away.
- Planning ahead reduces risks and keeps everyone safe.



Health Effects

- Extreme heat can lead to dehydration and heat-related illnesses like heat rash, heat cramps, heat exhaustion, and heat stroke.
- It can cause headaches, dizziness, nausea, and fatigue and may reduce focus and classroom comfort.
- Some children may be more sensitive to heat, such as those with asthma, chronic health conditions, disabilities, or who take certain medications.



Heat-related Illnesses

- Heat Rash: Tiny red bumps or fluid filled blisters often on the neck, chest, and skin folds.
- Heat Cramps: Heavy sweating with muscle cramps and nausea.
- Heat Exhaustion: Heavy sweating, dizziness, headache, nausea, weakness, or fainting.
- Heat Stroke - **Call 9-1-1 immediately**: Hot, dry skin, rapid pulse, confusion, or a high body temperature over 103 °F.



Be Prepared

- Sign up for weather alerts and heat advisories on your mobile device.
- Stay informed about the school's heat policies and procedures.
- Make sure you are signed up for school notifications in case of schedule changes or early dismissal.
- Know how to spot the signs and symptoms of heat-related illnesses.

Best Practices for Families

- Dress children in light colored, lightweight, breathable and loose-fitting clothing.
- Send a refillable water bottle and encourage regular hydration.
- Avoid caffeine and limit sugary drinks.
- Apply sunscreen and provide sun protection for outdoor activities.
- Inform the school nurse or teacher if your child has a medical condition or takes medications that may increase heat sensitivity.



Indoor Air Quality (IAQ) Monitoring Tool Program

A toolkit created to independently monitor IAQ using portable, low-cost air sensors - free for qualifying schools.

Toolkit includes:

- Air sensors
- The IAQ Calculator Tool
- A Step-By-Step Guidance to improve IAQ.
- A customizable IAQ Management Plan to organize IAQ improvements.

Email School.Environmental.Health@health.ny.gov for more information

New York State School Environmental Health Program

health.ny.gov/SchoolEnviroHealth



Department
of Health

