# **Summer heatwave: As schools reopen, here's how you can protect your child from soaring temperature**

**Source:**[www.timesofindia.com](http://www.timesofindia.com)

### **Here is how to protect your child from the summer heat:**

After two years of online learning due to coronavirus induced COVID pandemic, kids have finally started joining physical classes across the country. While joining back to the school and meeting with friends is indeed exciting for the students, the rising temperature is posing a new threat in the form of heatwave. As the temperature is soaring with each passing day, the rising heat is making it impossible to step outdoors for even a few minutes. The situation is believed to worsen between mid-April to mid-June when the temperature is at its peak in the plains of North-West, Central, East & North India. Kids are more likely to suffer from heat waves during this time, as summer vacations will begin in mid March and schools would remain open till then. To protect your kids from the summer heat, here are a few things you can do:

### **Hydration:**

The summer heat can leave your kids dehydrated, resulting in dizziness and heart stroke. Increasing the water intake during the summer season can keep the kids active and reduce the effect of the heatwave. Even if your kid is not feeling that thirsty make sure they consume 2-3 litres of water daily. To encourage them to drink more fluid, you can offer them coconut water, lemon water, bel or khussharbat.

### **Limit outdoor activities:**

Your kids may insist on playing out or riding a bike outside, but you must try to limit their outdoor activities during the afternoon. Ask them to play at home or wait until it gets cooler outside. The sun rays are the harshest between 10 am to 5 pm during summers. After 5 pm it gets better, and the risk associated with heatwave is minimal. If your kids insist on stepping outdoors, allow them only in the evening.

### ​**Apply Sunscreen:**

Sunscreen is not only for grown-ups, it is equally essential for the little ones. As compared to adults, the kid's skin is more delicate and prone to heat rashes, sunburn and acne. So, apply sunscreen on all the exposed parts properly every time your kid goes outside the house in the afternoon. Hats and umbrellas can also help to protect from the harsh sun rays

### **Dress them lightly:**

Dress them in light coloured cotton clothes for this season. As compared to other fabrics, cotton can absorb sweat in a better way. Light coloured cotton clothes absorb less heat and helps them stay cool. esides, cotton clothes will also prevent skin rashes and itching caused due to scorching heat.

### **Healthy diet:**

Keeping the season in mind, ensure that they eat fresh and light food daily. Fatty, stale and fried food can cause diarrhoea and vomiting. Add seasonal, fresh and green fruits and veggies to the diet. Seasonal produce can keep them hydrated and boost their immunity.

### ​**Look for signs of heatstroke:**

Even with all the precautions, you can never rule out the possibility of a heatwave. It is essential to know the primary signs and symptoms of heat waves so you can take appropriate action at the right time to avoid any complications. Here are some common signs you must know:

* Excessive sweating
* Paleness
* Muscle cramps
* Tiredness
* Weakness
* Dizziness
* Headache
* Nausea or vomiting