

# Pregnancy & Heat Waves

Being pregnant can make you more likely to get sick from the heat. It may also cause problems for the baby's development.

## Recognize Signs of Heat Impacts

### Dehydration

You may feel more thirsty, go to the bathroom less, have a dry mouth, feel confused or dizzy. Some pregnant people may also feel false contractions.



### Heat Exhaustion

When your body loses too much water and electrolytes through sweat, you will feel tired, lightheaded, weak, and/or nauseated



### Heat Stroke

When your body temperature reaches above 104 °F it can lead to strong headaches, fast pulse, seizures, and it could harm the baby



**Other Signs:** Heat rash, edema (swollen feet, legs, arms, etc.), cramps, clammy skin, confusion, fast breathing, severe sunburn, and loss of appetite

## How to Protect Yourself

### Stay Hydrated

Drink at least 8-12 cups of water daily. Avoid sugary and caffeinated drinks. These can cause more dehydration



### Eat light & nutritious meals

Eat multiple small, cold meals that include fruits, vegetables, and whole grains



### Avoid exercising or outdoor activities during the hottest part of the day

11am - 5pm



### Dress Appropriately

Wear sunscreen and loose, light-colored, thin clothes made from fabrics such as cotton & linen



### Keep it Cool

Use fans, air conditioners, spray bottles, cold damp towels, & keep window shades down



### Elevate your Feet

Heat may increase swelling in feet

