



How To Manage And Prevent *Heat Stroke* In Babies

Management Tips

Take the baby indoors or to a cold place



Remove any extra clothing

Fan their skin and spray cool (but not ice-cool) water



Apply ice packs to different body parts

Preventive Tips

Do not expose your baby to direct intense sunlight



Never leave a baby unattended in a car

Dress them in light-colored, breathable cotton clothing



Keep them hydrated with frequent breastfeeds and sips of water