

Here's Help: Mild Heat Exhaustion in Children

Sometimes kids have so much fun that they don't know when to stop.

And they get heat exhaustion.

With mild heat exhaustion, your child's skin can feel cool and moist.

It may look pale.

Your child may have a headache, feel weak or dizzy, or have nausea.

For anything worse, like vomiting or sweating a lot, call your doctor.

But if you're sure it's mild, here's what you can do at home.

Let your child rest and stay in a cool room for at least the next day.

Have your child drink plenty of water.

You can also give your child special drinks called oral rehydration solutions, which you can buy at most pharmacies.

Here are a few things to watch for, just in case.

Call your doctor if your child can't keep fluids down.

And call if, after your child returns to normal activities, they still have symptoms such as sweating a lot, fatigue, dizziness, or nausea.

Moderate to severe heat exhaustion can sometimes lead to heatstroke, which requires emergency treatment.

Get emergency help right away if your child feels very hot and has a seizure; acts confused; has skin that is red, hot, and dry; or passes out.

To avoid heat exhaustion, here are some things you can do.

Remind your child to drink a lot of water while they play hard or sweat.

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Have shade available, like an umbrella, or sit near trees or under shelters at parks.

And make sure they take breaks and rest.

You can also schedule their activities during the coolest times of the day.

And make sure they wear clothes that keep their body cool.

A hat can help!

Mild heat exhaustion can usually be taken care of at home, but you know your child best.

If you have any questions or concerns, you can always call your doctor.