

## What to do in an emergency

### Sunburn

#### Symptoms:

- Red skin that tightens and is painful when touched, sometimes accompanied by blisters

#### First aid:

- Use a damp cloth (not too cold) to cool the reddened skin!
- Give the child plenty to drink!
- Consult a doctor if
  - the baby has sunburn,
  - the child has sunburn with blisters or
  - the child is feeling generally unwell.
- Take a sunburnt child out of the sun immediately!



### Learn more



about the topic of heat on the  
City of Leipzig website at  
[www.leipzig.de/hitzetipps](http://www.leipzig.de/hitzetipps)

## What to do in an emergency

### Heat stroke

#### Symptoms:

- Very red head
- Hot and dry skin, red at first, then grey or bluish
- Extremely elevated body temperature
- Headache
- Child is largely or completely unresponsive
- Cramps or even unconsciousness

#### First aid:

- **Heat stroke is an emergency!  
Call emergency services immediately  
(emergency hotline 112)!**
- Take the child into the shade!
- **Put the child's legs up!**
- Remove tight clothing!
- Use a damp cloth to cool the body!
- Give the child something to drink if conscious!

### Sunstroke

#### Symptoms:

- Extremely red and hot head
- Body and skin temperature is cool or normal
- Child is restless and confused
- Child feels unwell
- Nausea, vomiting

#### First aid:

- **Sunstroke in babies or young children is an emergency!  
Call emergency services immediately  
(emergency hotline 112)!**
- Take the child into the shade!
- **Raise the child's head and neck!**
- Use a damp cloth to cool the head and neck!
- Give the child something to drink!



Stadt Leipzig

## Tips for Hot Weather



## A Brief Guide for Families with Babies and Young Children

## Leipzig is also experiencing a rise in the number of hot days

Extended hot spells with daytime temperatures over 30°C and tropical nights when the thermometer remains above 20°C can have a significant impact on health.

## Young children are sensitive to heat and the sun

Babies and younger children (up to pre-school) find it particularly difficult to cope in hot weather. Their bodies' ability to regulate heat is not yet fully developed.

Babies and young children have very sensitive skin. It is thinner compared to adults.

Babies and young children cannot yet tell when it is too warm for them. Parents must therefore pay particular attention!

### Beware overheating

Cars can heat up very quickly in hot weather. Sometimes it takes just a few minutes. This can endanger the life of your child.

- Never leave your child alone in the car!
- Use sun visors while driving!

**Cooling down is good** – but never allow young children play unsupervised in or near the water!

## Babies must stay in the shade

Babies must not be placed in the sun.

Prams must not be parked in the sun.

Special parasols or sun visors are available for prams.

Go for walks in the morning or evening when the temperature is cooler.

Sunscreen should not be used on babies, as their skin is still very sensitive.

Your baby needs to drink a lot when it is hot. Breastfeed your baby or give them the bottle more often.

## Young children must not stay in the sun for too long

The sun is particularly intense between 11 am and 4 pm and it can get very hot. Stay at home during these hours if possible.

When you go out, choose shady places, parks and playgrounds.

Your child needs to drink more when it is hot. Regularly offer your child something to drink.

Cool drinking water is available at the Leipziger Wasserwerke drinking fountains. You will find a map with all the fountains at [www.l.de/trinkbrunnen](http://www.l.de/trinkbrunnen).

Visit <https://refill-deutschland.de/> for a map of all the places where you can refill your own water bottle free of charge.

Take breaks in the shade.

Protect your child's skin from the sun. Wear suitable clothing and sunscreen to block the sun.

## Sun protection from head to toe

There are three rules for young children who go outside in the sun and heat:

- 1. Head, neck and ears should always be covered.**
  - Use caps or scarves with a peak and neck protection or hats with a wide brim.
  - Sunglasses with UV filters protect the eyes.
- 2. Loose clothing is the best way to protect the body, for example:**
  - Thin shirt or T-shirt with long sleeves.
  - Thin long trousers.
  - Light closed shoes or socks.
  - Wear a T-shirt to protect the upper body when splashing around in the water.
- 3. Apply cream to all parts of the body that are not covered by clothing.**
  - Use special sun creams or sun sprays for children with a sun protection factor (SPF) of 50 or more.
  - Apply cream to your child 30 minutes before you go outside. This allows the cream to take effect and properly protect the skin. Regularly reapply the cream.
  - Use waterproof sunscreen when your child is playing in the water.