

HIGH TEMPERATURES AND PHYSICAL ACTIVITY PRECAUTIONS

During summer heat waves, children are at risk for heat related illness and may have lower exercise tolerance when the outdoor temperature is above 95°F. Exercise intolerance may occur with temperatures less than 95°F if there is also high humidity. In order to minimize risk of heat related illnesses such as heat exhaustion or heat stroke, intensity of outdoor activities lasting more than 15 minutes should be reduced during days when the ambient temperature is in the 90's and humidity is high. Children should have easy access to water and be encouraged to drink often. Clothing should be light-colored and lightweight. Special attention should be paid to children who may be more susceptible to heat intolerance such as those who are obese, may have diabetes or are suffering from a gastrointestinal illness. You may contact, Dr. Oxiris Barbot in the Office of School Health at 212-442-1554 or at obarbot@schools.nyc.gov with questions.

