

How to Keep Your Children Cool in Summer

Stay up to date

Follow heat alerts:

- on the radio,
- on TV,
- on your smartphone app (like „Deutscher Wetterdienst“ or „Nina“).



Drink a lot

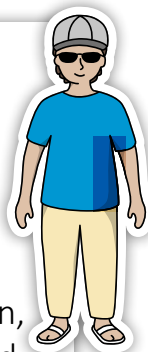
Give your child plenty to drink. Put a drinking bottle in your child's backpack.



Dress adequately

Dress your child for warm weather:

- hat with neck protection,
- loose-fitting, light-coloured clothes covering much of the skin,
- sunglasses with CE certificate and „UV400“ sign.



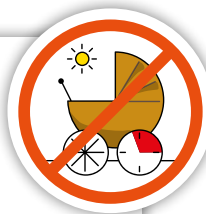
Use sunscreen

Protect all uncovered skin with sunscreen for children. It should have a high sun protection factor (LSF 50). Use waterproof cream before and after bathing outside.



Choose places in the shadow

Don't go with infants and children in the sun unprotected. Avoid direct sun between 11 a.m. and 3 p.m. Run important errands in the mornings and evenings.



Pack a Lunchbox

Give your child a sandwich with cheese or spread. Pack fruit and vegetables for refreshment and as a source of liquids and important vitamins.

