

### **E-Blast: Pregnancy and high temperatures**

During pregnancy, the body undergoes important changes, including an increase in blood volume, which can lead to a greater sensation of heat. During the summer months, high temperatures can increase the risk of dehydration, heat exhaustion, skin changes (such as dark spots), elevated blood pressure, and other complications.

Prolonged exposure to heat during pregnancy has been associated with potential complications such as preterm birth, low birth weight, and even risks to the health of the fetus.

To stay safe and healthy during periods of high temperatures, we recommend:

- Stay well hydrated.
- Keep your home cool and well ventilated.
- Elevate your legs to improve circulation.
- Avoid sun exposure during peak hours (10:00 a.m. – 4:00 p.m.).
- Apply sunscreen when exposed to the sun.
- Wear light, comfortable, and breathable clothing.
- Be aware of heat-related symptoms such as dizziness, excessive thirst, or weakness, and seek medical attention if you experience any of these.

#### **References:**

<https://www.unitypoint.org/news-and-articles/10-things-no-one-expects-during-a-summer-pregnancy>