

Birth, Baby, & Beyond

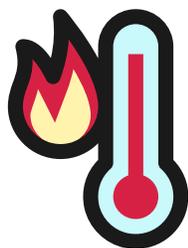
You Are My Sunshine

It's important for us to get sunlight for vitamin D and to keep our bodies healthy. But getting too much sun can be bad for pregnant women and babies.

Here are a few tips to keep you and your baby safe this summer!

Getting Sun When You Are Pregnant

We know that getting too much sun can give you a sunburn. When you are pregnant, too much sun can also increase your risk for other things, like:

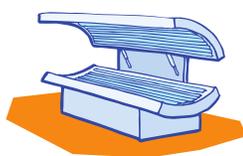


- **Higher body temperature:** You can get dehydrated more easily when you are pregnant. This could lead to preterm labor symptoms. The temperature of your baby can increase when your body temperature does. If the temperature is too high or for a long time, it can cause brain damage in your baby. Be sure to drink a lot of water and limit time in the sun.

- **Skin changes:** Pregnancy hormones could give you mask of pregnancy (called chloasma). These are dark, brown patches of skin that are mostly on the forehead, nose, upper lip, and cheeks. These dark spots may or may not go away after pregnancy.



Artificial Tanning



Tanning products like tanning beds and self-tanning lotions and sprays can affect pregnant women and their unborn baby.

Doctors suggest that **pregnant women should avoid artificial tanning.** Children under the age of 18 should not use artificial tanning at all.

- Tanning beds like the sun can cause you to overheat. Drinking extra water is very important.
- Self-Tanning Products like tanning oils, creams, or lotions contain something called DHA. DHA is a chemical that can get into the placenta and go to the baby. This chemical does not protect you from the sun's UV rays. If you are outdoors you will still need to use sunscreen.
- **Bottom Line:** It is best to avoid these while pregnant.





Quick Tips for Pregnant Women

If you have any of these when you are pregnant or up to one (1) year after giving birth, you should get medical help right away:



Avoid the sun from 10 AM to 4 PM



Use a large brim hat and sunglasses to protect your eyes, ears, and face.



Wear light clothing that covers your skin.



Use a waterproof sunscreen in lotion form, not sprays. Ask your provider for one they suggest. You can also ask about taking Vitamin D supplements.

Quick Tips for Babies



Keep your baby in the shade.



Dress your baby in sun-protective clothing.



Limit sunscreen on babies younger than 6 months old.



Avoid overheating on hot days by making sure your baby is drinking enough.

HURRICANE SEASON AHEAD

You Make Me Happy When Skies Are Gray

June 1 to November 30 is Hurricane Season!

Hurricane season can be stressful for pregnant women and mothers. Reduce your stress by getting ready for hurricane season now!

Make a hurricane kit. This kit should have:



First Aid Kit



Flashlight



Batteries



Trash Bags



**Fire Extinguisher
(if possible)**



**Bottled water for three days for
each person in your family**



**Canned food,
vegetables, and fruit**

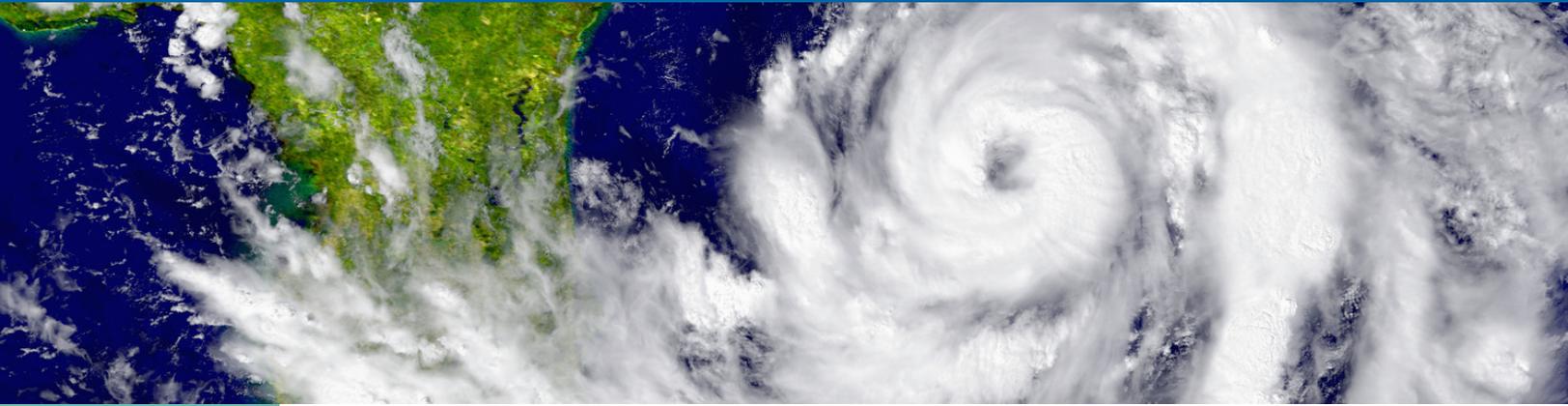


Documents: You should keep important documents in sealed plastic bags to make sure they don't get wet, and you can get to them in case of an emergency.



Medications: Make a list of all of the prescriptions and prenatal vitamins you are taking. Put this list in a sealed plastic bag with the things you plan to take with you if you have to leave your home.

- Have at least two weeks of all medications with you if you have to leave your home or go to a shelter during a storm.



After a storm or hurricane, clean up may be needed. You need to be very careful in this time.



Make sure you drink lots of water or beverages that do not have alcohol or caffeine in them.



Take a cool shower or sponge bath. Try to stay in the air-conditioned or shade. If you have to be outside in the heat, bring water and an umbrella to give you some shade.



Keep all of your doctor appointments. If you are worried about you or your baby, call your doctor or go to the emergency room as soon as possible.



Do not over do things. Take breaks to rest.



Try to eat a healthy diet.



Do not lift heavy objects.

References:

- <https://www.verywellfamily.com/sunbathing-in-pregnancy-2753106>
- <https://www.aad.org/public/diseases/skin-cancer/prevent/sun-babies>
- <https://www.verywellfamily.com/what-is-chloasma-4177760>
- <https://www.floridahealth.gov/programs-and-services/emergency-preparedness-and-response/prepare-yourself/current-hazards/ documents/pregnant.pdf>