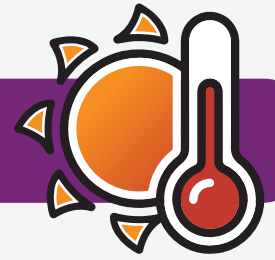


Impact of heat from bushfires on pregnancy outcomes



Pregnant women's bodies work harder to cool down both their body and their unborn baby.

Impact on mother

- Increased risk of dehydration
- Increased heat stress
- Increased heat stroke
- Increased risk of stress
- Increased risk of hospitalisation
- Increased risk of hypertension
- Increase risk of diabetes
- Longer hospital stay
- Increased risk of placental abruption
- Increased risk of premature rupture of membranes



Impact on baby

- Increased risk of early birth
- Increased risk of low birth weight
- Increased risk of dehydration at birth
- Increased risk of hospital readmission

SIGN OF HEAT STRESS



Increased thirst and muscle cramping



Heavy sweating



Fatigue



Paleness

TIPS TO MANAGE HEAT STRESS



Use air conditioner at home



Wear lightweight clothing



Stay hydrated



Have regular meals and snacks



Have a cool shower



Limit physical activities



If concerned seek medical attention