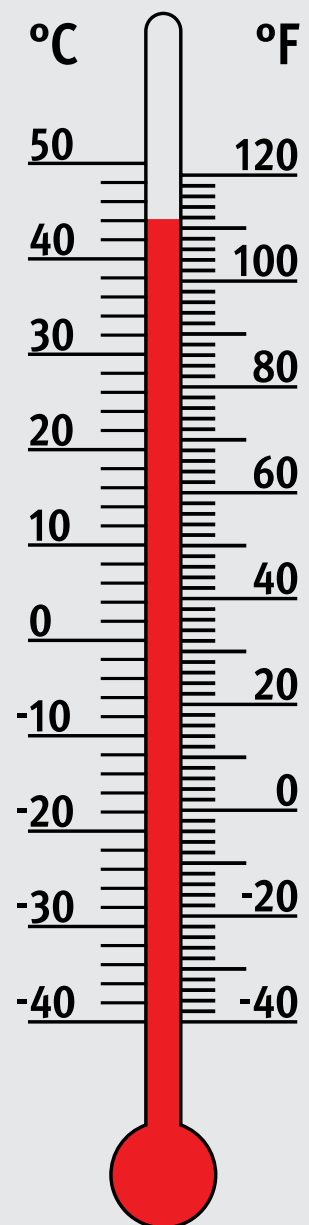


# WHAT SHOULD YOU KNOW ABOUT HEAT AND PREGNANCY?



Climate change is fueling increasing temperatures and more heat waves which pose dangerous risks to human health.

Extreme heat can make anyone sick, but pregnancy puts you at a higher risk for heat-related illness! Studies suggest exposure to extreme heat may lead to premature birth or low birth weight. If you are pregnant, keep hydrated and out of severe heat if you can.

The climate crisis threatens to **worsen inequities** in who gets to have a healthy pregnancy and a healthy baby in the United States.

Increasing heat threatens to worsen already high rates of illness during pregnancy and premature birth among:

- Low-income communities.
- Black, Indigenous, Latina, and other communities of color, linked to systemic racism and marginalization in healthcare quality and access.

Heat is a human rights issue, but some pregnant people are exposed to more heat than others:

- Some people work in hot environments. If you are pregnant and work in hot conditions—like outdoors or in a farm field or kitchen—ask your employer directly

or your doctor or healthcare provider to help you get a “work accommodation”. Call A Better Balance hotline for more info: 1-833-NEED-ABB or 1-833-633-3222.

- Some urban neighborhoods, often where communities of color live, are hotter than others.
- Some homes are hotter than others and air conditioning can be expensive. Check with your utility company or provider’s office about low-income discounts or other assistance programs.
- People with pre-existing health conditions or taking certain medications may be more vulnerable to heat.

**DEMAND CLIMATE JUSTICE!**  
**DEMAND THAT REPRODUCTIVE JUSTICE BE PART OF CLIMATE JUSTICE!**