

# How to Prevent Child Heat Stroke in Cars

## Cars Heat Up Quickly!

*The temperature inside a car can rise almost 20 degrees in just 10 minutes, reaching possible deadly levels.*



Children are at serious risk for heat stroke-related injury or death when left alone even for a few minutes in a closed vehicle. Heat stroke occurs when the body is not able to cool itself quickly enough.

### DID YOU KNOW?

- A child's body temperature heats up three to five times faster than that of an adult.
- Heat stroke can happen when the outside temperature is as low as 57 degrees.
- A child can die when his body temperature reaches 107 degrees.
- Cracking a window is not effective in cooling the car once the car is turned off.

*\*source: American Academy of Pediatrics*

→ **Safety tips are listed on the back of this card. Please read the tips to develop a safety routine for you and your family.**

## Tips to Protect Your Child From Heat Stroke-Related Injury or Death in a Car.



- Never intentionally leave a child alone in a car, not even for a minute.
  - Always lock your parked car and teach your children never to play or hide in cars.
  - Establish a routine of checking the back seat every time you exit the car just to make sure no one is left behind.
  - Be extra alert when there is a change in your routine. Even a small change can have devastating consequences.
  - Put your child's things, such as a diaper bag or small toy, in the front seat as a constant reminder of their presence, even when you cannot see or hear them.
  - Use a memory device, such as a stuffed bear or hang tag that can be moved into and out of the car seat as a reminder.
  - Place your purse, cell phone or other personal items in the back with the child to give you an additional reason to check the back seat.
  - Ask your child care provider to call you if your child is late.
  - Develop a standard way to communicate with the other parent or loved one each time the child is dropped off with a child care provider.
  - Call 911 immediately if you see a child alone in a car.
- **Remember, these tips are important all year round.**



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