

Children in Cars

Heatstroke Prevention Tips For Parents and Caregivers



Where's baby? Look before you lock.

Every year countless children suffer from being left in hot vehicles. According to the National Highway Traffic Safety Administration (NHTSA), heatstroke is the leading cause of non-crash vehicle-related injury for children under age 14.

What can you do?

Join us at *No Stones Magazine* in educating and spreading the word throughout the community on child safety for the summer.

Four Common Myths

- Leaving an open window will let in enough air to prevent dangerous heat levels in the vehicle.
- A child can be left in a vehicle if it's just for a few minutes.
- If you're sitting in the vehicle with your child, you will feel warmer when temperatures have gotten too hot.
- These things only happen to people who are uneducated and careless.

Know the Facts

A review of child heatstroke cases by the NHTSA showed that heatstroke fatalities occur when the air temperatures were 80 degrees or less. **Even when the window was open.**

Not Even For A Minute! The NHTSA reports on an 80 degree day, temperatures inside a vehicle can reach deadly levels in just 10 minutes. *See laws for your state on leaving children unattended.*

A child's internal temperature control can warm 3 to 5 times faster than an adult's. Their body temperature may rise to 106 degrees within 10 to 15 minutes.

This can happen to anyone. More than 50% of hyperthermia injuries among children in vehicles occurred when a child was "forgotten" by a parent or caregiver, 30% occurred when a child gained access to an unattended vehicle and 17% occurred when a child was intentionally left in a vehicle.

Expert suggestions to help prevent child injury



Keep Kids Safe

- Never leave a child unattended in a vehicle. **Not Even For A Minute.**
- Teach children not to play inside vehicles. This may prevent them from becoming accidentally locked in or falling asleep in the vehicle.
- Have family/friends help set reminders if you plan to change your daily routine. **Kids can be accidentally left behind when there is a change in the parent or caregiver's daily routine.**
- If you see a child unattended in a vehicle, call 911 immediately.
- Look before you lock.
- There's a free app called "Baby Reminder," which allows parents to set alerts that you're driving with your child.



References

American Academy of Pediatrics:
<http://pediatrics.aappublications.org/>

National Highway Traffic Safety Administration
<http://www.nhtsa.gov/safety/hyperthermia>

Department of Science:
<http://www.ggweather.com/heat/>



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