

# Never leave your child alone in a car.

Take them with you.  
It's the law.



Your car heats up faster than you think. Help reduce the number of deaths from heatstroke by remembering to ACT.

- A:** Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute.
- C:** Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination.
- T:** Take action. If you see a child alone in a car, call 911.

**SAFE  
K:DS**  
KOOTENAI  
COUNTY

[safekids.org](http://safekids.org)



# Heatstroke Safety Tips

Everything you need to know to keep your kids safe from heatstroke.

Babies and young kids can sometimes sleep so peacefully that we forget they are even there. It can also be tempting to leave a baby alone in a car while we quickly run into the store. The problem is that leaving a child alone in a car can lead to serious injury or death from heatstroke. Young children are particularly at risk, as their bodies heat up three to five times faster than an adult's. These tragedies are completely preventable. Here's how we can all work together to keep kids safe from heatstroke.

## Heatstroke is the leading cause of non-crash, vehicle-related deaths for children.

On average, every 10 days a child dies from heatstroke in a vehicle.

Heatstroke occurs when the body isn't able to cool itself quickly enough and the body temperature rises to dangerous levels. Children absorb and generate heat, under stress, more quickly.

Symptoms can quickly progress from flushed dry skin to vomiting, confusion, seizures, and death.

Heatstroke can happen anytime. Anywhere. **Never leave your child alone in a car, not even for a minute.**

When the sun is out, and even on cloudy days, the inside of a car can become much hotter than the temperature outside. In just 10 minutes a car can heat up 20 degrees. On an 80 degree day, the inside of a car can quickly exceed 100 degrees. Cracking a window does not help keep the inside of a car cool.

We don't want to see this happen to any family. Safe Kids is asking everyone to help protect kids from this very preventable tragedy.

## Go a Step Further: Create Extra Reminders and Communicate with Daycare

- Create a calendar reminder for your electronic devices to make sure you dropped your child off at daycare.
- Develop a plan with your daycare so that if your child is late, you'll be called within a few minutes. Be especially careful if you change your routine

## Teach Kids Not to Play in Cars

- Make sure to lock your vehicle, including doors and trunk, when you're not using it. Keep keys and remote entry fobs out of children's sight and reach.
- Teach kids that trunks are for transporting cargo and are not safe places to play.
- If your child is missing, get help and check swimming pools, vehicles and trunks. If your children are locked in a car, get them out as quickly as possible and dial 911 immediately. Emergency personnel are trained to evaluate and check for signs of heatstroke.

## For more information contact:

Kootenai Health  
Donna Kalanick, RN | 208.625.5722  
Injury Prevention Coordinator | Trauma Services  
2003 Kootenai Health Way | Coeur d'Alene, ID 83814

Information herein courtesy of the Centers for Disease Control and Prevention: [www.cdc.gov/concussion](http://www.cdc.gov/concussion) and Safe Kids USA: [safekids.org](http://safekids.org)

