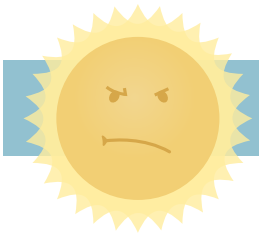

He's a killer.

KIDS IN HOT CARS HEATSTROKE SAFETY TIPS FOR PARENTS AND CAREGIVERS

Kids in hot cars are a deadly combination. Whether intentional or accidental, these deaths are preventable, which makes it all the more tragic. Here are some helpful tips to make sure it doesn't happen to you.

Remember:

- Never leave a child alone in a parked car, even with the windows rolled down, or air conditioning on. Children's body temperature can heat up 3 to 5 times faster than adults. A core temperature of 107 is lethal.
- Always look in both the front and back of the vehicle before locking the door and walking way.
- Heatstroke can occur in temperatures as low as 57 degrees. On an 80-degree day, temperatures inside a vehicle can reach deadly levels in just 10 minutes.
- Never let children play in an unattended vehicle. Teach them a vehicle is not a play area.
- Always lock your vehicle doors and trunk and keep the keys out of a child's reach. If a child is missing, quickly check all vehicles, including the trunk.

Is dropping a child off not part of your normal routine? Come up with some ways to remind yourself that the child is in the car.

- Place an item that you keep on you, like a briefcase or purse, in the back seat next to the car seat, so that you'll always check the back seat before you leave the car.
- Call your spouse after you drop the child off to make sure you didn't forget.
- Have daycare call you if your child doesn't show up.
- Write a note and place it on the dashboard of the car. Or set a reminder on your cell phone or calendar. You can also download the Baby Reminder App for iPhones.

If you see a child alone in a hot vehicle:

- Call 911 or your local emergency number immediately.
- If they are in distress due to heat, get them out as quickly as possible. Cool the child rapidly, by spraying them with cool water or a garden hose. NEVER use an ice bath.

Remember: kids in hot cars are a deadly combination. Don't take the chance. Look before you lock.

Additional Resources:

- National Highway Traffic Safety Administration - www.safercar.gov/heatstroke
- San Francisco State University, Department of Earth & Climate Studies - www.ggweather.com/heat/
- Safe Kids - www.safekids.org
- Children's Hospital of Philadelphia - www.chop.edu

where's baby?
Look before you lock.