

Heat Safety

It is **NEVER** safe to leave a child, disabled person or pet locked in a car. If you have a toddler in your household, lock your cars, even in your own driveway. Kids play in cars or wander outside and get into a car and **can die in 10 minutes!**



Know the Facts

A child's body temperature rises three to five times faster than an adult's. When a child is left in a hot vehicle, that child's temperature can rise quickly and they could die within minutes. Heatstroke begins when the core body temperature reaches about 104 degrees. **A child can die when their body temperature reaches 107 degrees.**

- In 2024, 39 children died of vehicular heatstroke (up 35% from 2023).
- In 2018 and 2019, we saw a record number of hot car deaths 53 children died each year, the most in at least 25 years

Extreme Heat: Who's at Risk?



People who live alone, in housing without air conditioning, or in cities where there can be urban heat islands

People who have certain health conditions, like heart disease or mental illness, or take certain medications to treat these conditions

People who are under the influence of drugs or alcohol

People who work outside

People who work inside without air conditioning

Athletes who train or compete outside

Infants, young children, pregnant women, and people older than 65

People who have mobility constraints or are obese or bedridden

People who are homeless

- Each year, dozens of children and untold numbers of pets left in parked vehicles die from hyperthermia, which occurs when the body absorbs more heat than it can handle.
- Hyperthermia can occur even on a mild day with **temperatures in the 70s.**
- Studies have shown that the temperature inside a parked vehicle can rapidly rise to a dangerous level **for children, pets and even adults.** Leaving the windows slightly open does not significantly decrease the heating rate.
- The younger the child the more severe the effects because their bodies have not developed the ability to efficiently regulate its internal temperature.



Heat Related Deaths ARE Preventable
LOOK BEFORE YOU LOCK

The temperature in your car can quickly become deadly!

Outside Temperature 80°

Inside 99° Time Elapsed: 10 Minutes	Inside 109° Time Elapsed: 20 Minutes
Inside 114° Time Elapsed: 30 Minutes	Inside 123° Time Elapsed: 60 Minutes

NOAA weather.gov/heat nhtsa.gov

Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.

- **Job sites** (outdoors): Stay hydrated and take breaks in the shade as often as possible.
- **Indoors:** Check up on the elderly, sick and those without AC.
- **Outdoors:** Limit strenuous outdoor activities, find shade and stay hydrated.
- **Vehicle:** Never leave kids or pets unattended- **LOOK before you LOCK.**

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get medical help right away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash