

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!**

Signs

- ❖ Heavy Sweating
- ❖ Weakness
- ❖ Muscle cramps
- ❖ Dizziness
- ❖ Fainting
- ❖ Nausea or vomiting



Take Action!

- ❖ **Stop, rest** in a cool place and drink a cup of water, every 20 minutes.
- ❖ Place **a cool, wet cloth** on your body.
- ❖ **Get medical help** if your vomiting and don't feel better in an hour or if you have heart or kidney problems.



Heat Stroke is deadly and requires immediate emergency treatment.

- ❖ **Call 911 right away**
- ❖ Move to a cool place
- ❖ Cool the body using wet cloths, misting, fanning or a cool bath
- ❖ Do NOT give the person anything to drink

TIPS

- ❖ You need to drink enough water to prevent heat illness. An average person needs to drink about 3/4 of a gallon of water daily. Everyone's needs may vary.
- ❖ You can check that you are getting enough water by noting your urine color. Dark yellow may indicate you are not drinking enough.
- ❖ Avoid sugary, caffeinated and alcoholic drinks.
- ❖ If you are sweating a lot, combine water with snacks or a sports drink to replace the salt and minerals you lose in sweat.

Extreme heat is dangerous for anyone, but some people are more at risk of getting sick, including:

- ❖ Older adults
- ❖ Babies and young children
- ❖ Pregnant women
- ❖ People with disabilities
- ❖ Athletes and outdoor workers





Avoid leaving children alone.

Create Reminders

Take Action



Facts

- In 2025, **31 children died** of heatstroke in vehicles.
- A child's body temperature rises **three to five times faster than an adult's**. When a child is left in a vehicle, that child's temperature can rise quickly **and the situation can quickly become dangerous**.
- **Heatstroke begins** when the core body temperature reaches about **104 degrees**. Death occurs at a core body temperature of **107 or above**.



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**.