

LOOK BEFORE YOU LOCK

Child Heatstroke Prevention

A child dies from vehicular heatstroke about once every 10 days from being left alone in a hot vehicle. Outside of crashes, vehicular heatstroke is the leading cause of death for children 14 and younger. The main causes of vehicular heatstroke are children who climb into unlocked vehicles or are left alone in the vehicle by mistake. The inside of a vehicle can heat up by 20 degrees in 10 minutes. These are tragedies that are 100% preventable.

What is Heatstroke?

Heatstroke is the most serious heat related illness and occurs when the body reaches a temperature of 104 degrees or higher.

Risks and Warning Signs:

- Red, hot, and moist or dry skin
- No sweating
- Nausea
- Confusion or acting strange
- Strong rapid or slow weak pulse
- Headaches



If you see a child alone in a hot vehicle:

- Call 911 and stay with the child until help arrives. Have someone look for the parents or use a PA system to notify the public about a child in a vehicle.
- Get the child out as soon as possible and help cool them down by spraying the child with cold water.

Tips:

- Never leave a child alone in a vehicle, no matter the outside temperature, and even if it's only for a couple of minutes.
- Always check the back seat. **Look before you lock.**
- Put your phone or purse in the backseat as a reminder.
- Teach your child that a vehicle is not a play area.



For more helpful tips and information, visit [gosafelyca.org](https://www.gosafelyca.org)

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