



Heat Safety Tips



Never Leave a Child Alone in the Car

- Never ever leave children in the car while you run to do a quick errand — even if the windows are open. Children can succumb to heat exposure and death very quickly in a hot car. A child's body temperature can increase three to five times faster than an adult's.
- Check to make sure all children are taken out of the vehicle when you reach your destination. It sounds obvious, but if you're in a rush, even the most obvious thing can go unnoticed.
- Keep keys and remote entry devices out of children's reach and sight.
- Keep vehicle doors and trunks closed and locked. Up to one-third of heat-related deaths have occurred when children were playing in unlocked vehicles and became trapped inside.

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Watch for Signs of Heat Exhaustion and Heat Stroke

Heat Exhaustion

- Clammy skin
- Loss of color in skin
- Sweating
- A tired, worn-out look on someone's face
- Dry mouth
- Headache

Heat Stroke

- High body temperatures — (over 103° F)
- Confusion
- Poor breathing — if you can't hear a person breathing it can indicate a problem
- Seizures
- The person has stopped sweating
- Weak pulse
- Hot, dry skin to the touch
- Fainting or total loss of consciousness



Wear Light Layers and Protective Clothing

- Make sure your children wear loose fitting, lightweight, light colored clothing.
- Select sunglasses for babies and children that provide 100 percent UV protection.
- Keep children under the age of 1 out of the sun as much as you can. Dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn.
- Always cover your child's head. Have them wear a hat with a three-inch brim or bill facing forward, sunglasses (that block 99–100 percent of UV rays) and cotton clothing with a tight weave.

Apply and Reapply Sunscreen

- Whenever your child is outside, use sunscreen with a sun protection factor (SPF) of 15 to 30 that protects against both UVA and UVB rays.
- Apply sunscreen 30 minutes before going outside and reapply every two hours, and after being in the water or sweating.
- Use extra caution near water and sand, as they reflect UV rays and can result in getting sunburned faster.

Limit Physical Activity and Stay Hydrated

- When it is 90° or above and humid, children should not exercise or play outside for more than 30 minutes at a time. The intensity of activities lasting 15 minutes or more should be reduced during extreme heat.
- Make sure your child drinks fluids such as water or electrolyte drinks (sports drinks) every 20 minutes to prevent dehydration — even if they are not thirsty.
- Avoid drinking liquids that contain caffeine or large amounts of sugary sodas. These can cause a loss in body fluids and accelerate dehydration.

