

# Heatstroke Safety Fact Sheet

## NEVER LEAVE YOUR CHILD ALONE IN A CAR.

### The Facts

- Heatstroke is the leading vehicle-related, non-crash cause of deaths in children.
- Heatstroke-related deaths have been recorded in 50 states, 11 months out of the year.
- Texas leads the nation in heatstroke-related deaths in children.
- 53% of heatstroke-related children deaths are not due to negligence but unintentionally “forgetting” the child in the vehicle.
- Leaving your child in a car can lead to serious injury or death from heatstroke.
- Approximately every 10 days a child dies from heatstroke in a vehicle.
- Children left in a car are at high risk for heatstroke as their bodies heat up 3-5 times faster than an adult.
- Leaving the window “cracked” open does not alleviate the amount of heat inside the car.
- Cars can heat up as quickly as 19 degrees in 10 minutes.

### Symptoms of Heatstroke

Symptoms can progress quickly and include:

- Dizziness
- Disorientation or confusion
- Agitation
- Sluggishness
- Seizures
- Hot or dry skin that is flushed but not sweaty
- Loss of consciousness
- Rapid heartbeat
- Hallucinations
- Organ failure
- Death

*More information on heatstroke can be obtained from [www.safekids.org](http://www.safekids.org).*



### Remember to ACT

- **A:** Avoid heatstroke-related injury and death by NEVER leaving your child in the car alone.
- **C:** Create reminders for yourself by putting something in the backseat next to your child so you don't forget.
- **T:** Take action. If you see a child alone in a car, call 911 immediately.

### What Can You Do?

- Teach children not to play in cars. They can become trapped inside and you may not know until it is too late.
- Create a calendar reminder on your electronic device to remind you to drop your child off at daycare. This is especially important if your normal routine is changed.
- Talk to your babysitter, older children and daycare about not leaving your child in the car alone.

