



Children and Cars

- ✓ Never leave your child alone in a vehicle - **It's the Law!**
- ✓ Once you reach your destination, before leaving your vehicle:
 1. Make sure that all occupants leave the vehicle when unloading
 2. Take all children, including sleeping infants, with you
 3. Lock your vehicle doors and trunks
 4. Keep keys out of children's reach

Remember always to take your child with you!

California Law prohibits leaving children alone in a vehicle

Between 1998-2008, 426 children died of hyperthermia from being left in a vehicle

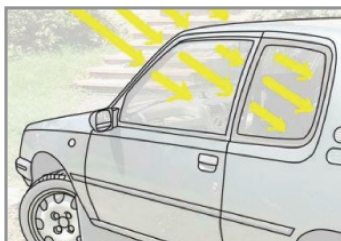
(Department of Geosciences, San Francisco State University <http://ggweather.com/heat>)

What lead to these deaths?

- 47%** - child "forgotten" by caregiver
- 25%** - child playing in unattended vehicle
- 21%** - child intentionally left in vehicle by adult
- 7%** - circumstances unclear

Why does this happen?

A child's body temperature rises faster than an adult's. Even leaving a window open is not enough. It is never safe to leave a child alone in a parked car because the sun's radiation warms objects inside of the car, such as the dashboard, steering wheel, child seat, etc., then these heated objects quickly heat the trapped air inside of the car, similarly to that of a convection oven.



1. The sun's radiation heats objects inside your car, such as the dashboard, steering wheel, child seat, etc...



2. These heated objects then heat the trapped air inside of the car, similarly to that of a convection oven.

Illustrations courtesy of Golden Gate Weather Services

Prevention Tips

- **Stay indoors if possible:**
If your home does not have air conditioning, go to a shopping mall or public library during very hot days. Contact your local American Red Cross for heat-relief shelters in your area
- **Drink more fluids:**
Regardless of your activity level, drink more liquids such as hydration drinks that help to replace electrolytes (no caffeine, alcohol, or sweetened drinks). If your doctor limits the amount of fluid you drink or you are on water pills, ask how much you should drink when the weather is hot.
- **Dress for the heat:**
Wear light-colored, light weight, loose fitting clothes. Wear a wide-brimmed hat or use an umbrella while in the sun (remember sun screen and sun glasses).
- **Elderly & Infants:**
Remember infants and young children, as well as the elderly, are much more vulnerable and require frequent monitoring for signs of heat exhaustion or heat stroke.
- **Remember your pets:**
Always provide a source of water and a cool place for your pet. Never leave your pet in a car, even with the windows down.

NEVER leave a child, elderly person, or pet alone in a parked vehicle.

	Signs & Symptoms	First Aid	Prevention Tips
HEAT STROKE	<p>Warning signs vary but may include the following:</p> <ul style="list-style-type: none"> ■ An extremely high body temperature (above 103°F) ■ Red, hot, and dry skin (no sweating) ■ Rapid, strong pulse ■ Throbbing headache ■ Dizziness ■ Nausea ■ Seizure ■ Unconscious 	<ul style="list-style-type: none"> ■ Check Pulse & Breathing ■ Send someone to CALL 911 and report back ■ Move person to cool place ■ Loosen tight clothing ■ Remove perspiration-soaked clothing ■ Fan the person ■ If conscious, give cool water to drink ■ If person refuses water, vomits, or starts to lose consciousness, CALL 911 immediately and place the person on their side, continue to cool, monitor pulse and breathing 	<ul style="list-style-type: none"> ■ Stay indoors if possible: If your home does not have air conditioning, go to a shopping mall or public library during very hot days. Contact your local American Red Cross for heat-relief shelters in your area ■ Drink more fluids: Regardless of your activity level, drink more liquids such as hydration drinks that help to replace electrolytes (no caffeine, alcohol, or sweetened drinks). If your doctor limits the amount of fluid you drink or you are on water pills, ask how much you should drink when the weather is hot. ■ Dress for the heat: Wear light-colored, light weight, loose fitting clothes. Wear a wide-brimmed hat or use an umbrella while in the sun (remember sun screen and sun glasses). ■ Elderly & Infants: Remember infants and young children, as well as the elderly, are much more vulnerable and require frequent monitoring for signs of heat exhaustion or heat stroke. ■ Remember your pets: Always provide a source of water and a cool place for your pet. Never leave your pet in a car, even with the windows down. ■ NEVER leave a child, elderly person, or pet alone in a parked vehicle.
HEAT EXHAUSTION	<p>Warning signs vary but may include the following:</p> <ul style="list-style-type: none"> ■ Heavy sweating ■ Paleness ■ Muscle Cramps ■ Tiredness ■ Weakness ■ Dizziness ■ Headache ■ Nausea or vomiting ■ Fainting ■ Skin: may be cool and moist ■ Pulse rate: fast and weak ■ Breathing: fast and shallow 		



In cooperation with your local Fire Department, School Districts, Department of Parks and Recreation, and City Governments.

Visit our website to find your local Red Cross chapter, and enroll in a CPR or First Aid course today!

www.redcross.org



American Red Cross