

Protect Children, Infants & Adults from Heat Stroke

Heat stroke is a life-threatening emergency that affects everyone, but children and infants are especially vulnerable. It can occur outdoors or inside a hot vehicle within minutes.

Heat Stroke in Children & Infants

Leaving Kids in Cars is Deadly!

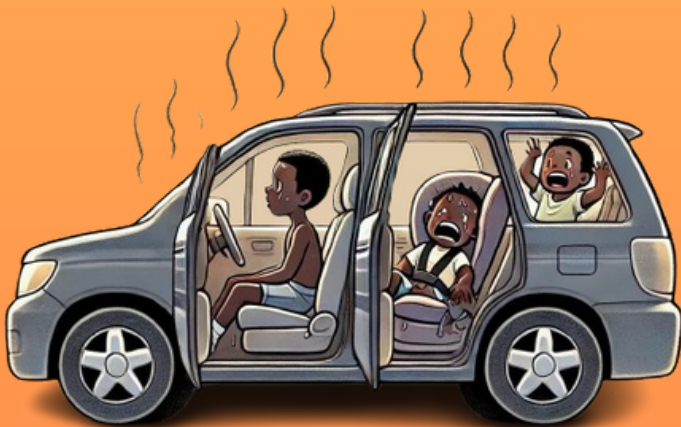
- Even with windows cracked, car temperatures can reach deadly levels in minutes.
- A child's body heats up 3-5 times faster than an adult's.
- On a 75°F day, a car's interior can exceed 100°F in just 10 minutes.

Prevention Tips: ✓ Never leave a child alone in a vehicle, even briefly. ✓ Always check the back seat before locking your car. ✓ Place a reminder (purse, phone, or briefcase) in the back seat. ✓ Keep vehicles locked to prevent kids from climbing inside.

Emergency Response

If You See a Child Alone in a Car:

- * Call 911 immediately.
- * Attempt to locate the parents.
- * If the child is unresponsive or in distress, remove them and begin cooling measures while waiting for emergency responders.



Heat Stroke in Adults

Signs & Symptoms:

- * High body temperature (103°F or higher)
- * Hot, red, dry, or damp skin
- * Rapid pulse, dizziness, nausea, or confusion
- * Unconsciousness in severe cases

Prevention Tips: ✓ Stay hydrated – drink plenty of water. ✓ Avoid prolonged exposure to high temperatures. ✓ Wear light, loose-fitting clothing. ✓ Take breaks in the shade or indoors.

Emergency Response

For Heat Stroke Victims:

- * Call 911 immediately.
- * Move the person to a cool place.
- * Apply cool cloths or place in a cool bath.
- * Do NOT give them anything to drink if unconscious.

Stay Safe, Stay Cool, Stay AliveSources:

- ♦ CDC: www.cdc.gov/disasters/extremeheat/warning.html
- ♦ NHTSA: www.nhtsa.gov
- ♦ AAP: www.healthychildren.org

