



TRIBAL INJURY  
PREVENTION  
RESOURCE CENTER

# MAY IS HEATSTROKE PREVENTION MONTH

## HEATSTROKE DEATHS OF CHILDREN IN VEHICLES

- On an average, **every 10 days a child dies from heatstroke** in a vehicle. In more than half of these deaths, the parent or caregiver forgot the child in the car.
- **A car heats up 19 degrees in just 10 minutes** and cracking a window does not help.
- Young children are particularly at risk, as **their bodies heat up three to five times faster than an adult's**.



## SHARING RESPONSIBILITIES

In Tribal communities, there are multi household generations of extended families that live together, share resources and responsibilities including the care of children. **Parents and caregivers should never leave a child unattended in a vehicle - even if the windows are partially open or the engine is running, and the air conditioning is on.** Sometimes young children are quiet or asleep in the backseat that we can forget they are even there, and it can be tempting to leave a sleeping child in the car, so we do not have to wake them up while we quickly run into the store. **But leaving a child alone in a car can lead to serious injury or death from heatstroke, even in cooler temperatures.**

## STEPS TO PREVENT HEATSTROKE - REMEMBER TO A-C-T

- **AVOID HEATSTROKE:** Avoid heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute and make sure to keep your car locked when you are not inside so kids do not get in on their own. Keep keys and remote entry fobs out of children's sight and reach.
- **CREATE REMINDERS:** Keep a stuffed animal or other mementos in your child's car seat when it is empty and move it to the front seat as a visual reminder when your child is in the back seat. You can also place and secure your phone, briefcase or purse in the backseat when traveling with your child.
- **TAKE ACTION:** If you see a child alone in a car, call 911. Emergency personnel are trained to respond to these situations.

**REMEMBER TO MAKE IT A HABIT TO CHECK YOUR ENTIRE VEHICLE FRONT AND BACK BEFORE LOCKING THE DOOR AND WALKING AWAY. LOOK BEFORE YOU LOCK!**

Sources: Safe Kids Worldwide, National Highway Transportation Safety Administration (NHTSA)

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