

Heatstroke (Hypthermia)

You live by your daily routine and it helps you get things done. Be extra careful, though, if you have to change any part of that routine. This is more likely to happen when you or a caregiver who helps with your children forgets that a child is in the back seat. Disasters happen quickly!

Even cool temperatures in the 60s can cause the temperature to rise well above 110° Fahrenheit inside your car. The inside temperature can rise almost 20 degrees within the first 10 minutes. Once in the vehicle, children may become confused by the door opening mechanism or trapped in the trunk, and unable to get out before heatstroke occurs.

Prevention Tips:

- Never leave a child unattended in a vehicle.
- Do not let children play in an unattended vehicle. Teach them that a vehicle is not a play area.
- Never leave infants or children in a parked vehicle, even if the windows are partially open.
- Make a habit of looking in the vehicle - front and back - before locking the door & walking away.
- Ask your childcare provider to call you if your child does not show up for childcare.
- Do things to remind yourself that a child is in the vehicle, such as:
 - ✓ Write yourself a note and put it where you will see it when you leave the vehicle;
 - ✓ Place your purse, briefcase or something else you need in the back seat so that you will have to check the back seat when you leave the vehicle;
 - ✓ Keep an object in the car seat, such as a stuffed toy. When the child is buckled in, place the object where the driver will notice it when he or she is leaving the vehicle.
- Always lock vehicle doors and trunks and keep keys out of children's reach. If a child is missing, check the vehicle first, including the trunk.
- If you see a child alone in a hot vehicle, call 911 or your local emergency number immediately. If the child is in distress due to heat, get them out as quickly as possible and cool the child rapidly.



What you need to know:

Vehicles heat up quickly - even with a window rolled down two inches, if the outside temperature is in the low 80s Fahrenheit, the temperature inside a vehicle can reach deadly levels in only 10 minutes.

Children's bodies absorb more heat on a hot day than an adult. Also, children are less able to lower their body heat by sweating. When a body cannot sweat enough, the body temperature rises rapidly. In fact, when left in a hot vehicle, a young child's body temperature may increase three to five times as fast as an adult. High body temperatures can cause permanent injury or even death.

Symptoms of heatstroke:

Warning signs vary but may include: red, hot, and moist or dry skin, no sweating, a strong rapid pulse or a slow weak pulse, a throbbing headache, dizziness, nausea, confusion, being grouchy, or acting strangely. Any child found in distress in a hot vehicle should be removed and cooled, and police/911 or emergency responders should be alerted immediately.

If you have questions or need additional information, visit www.lexleeovertonlaw.com, email lexlee@lexleeovertonlaw.com or call 225.761.7272.