

Heatstroke Prevention Day: Protecting Children from Hot Car Tragedies

Every year, dozens of children in the United States die from heatstroke after being left in a hot car—an entirely preventable tragedy. On **Heatstroke Prevention Day**, we raise awareness about the dangers of vehicular heatstroke and share vital tips to ensure no child is ever left behind.

The Danger Is Real

Even on a mild day, the temperature inside a parked car can rise rapidly to dangerous levels. In just 10 minutes, a car's interior can heat up by 20 degrees. On a sunny 80-degree day, the inside of a vehicle can reach deadly temperatures over 100 degrees in less than 15 minutes.

Children's bodies heat up three to five times faster than adults, making them especially vulnerable to heatstroke. A child's core temperature can rise to fatal levels quickly, even if the windows are cracked or the car is parked in the shade.

It Can Happen to Anyone

Most parents believe it could never happen to them—but the truth is, it can. Busy schedules, changes in routine, sleep deprivation, or distractions can all contribute to a momentary lapse in memory that leads to devastating consequences.

In other cases, children may gain access to an unlocked vehicle and become trapped while playing.

Heatstroke Prevention Tips

Here are simple but life-saving steps every parent and caregiver can take:

1. ACT: Avoid, Create Reminders, Take Action

- **Avoid** heatstroke by never leaving a child alone in a car—not even for a minute.
- **Create reminders** by placing something you need in the back seat, like your phone, bag, or shoe.
- **Take action:** If you see a child alone in a car, call 911 immediately. Emergency responders are trained to handle these situations.

2. Lock Your Car

- Always lock your vehicle and keep keys out of reach of children to prevent them from getting inside on their own.

3. Check the Back Seat

- Make it a habit to open the back door every time you park. “Look before you lock.”

4. Communicate with Caregivers

- If someone else is driving your child, set up a check-in system to confirm drop-off and arrival.

Help Spread the Word

Talk to friends, family, and community members about the dangers of leaving children in vehicles. Share prevention tips on social media using hashtags like

#HeatstrokePrevention and **#LookBeforeYouLock**.

Every child’s life is precious, and with a few simple steps, we can protect our most vulnerable passengers. Let’s use Heatstroke Prevention Day as a reminder to stay alert, stay safe, and spread awareness year-round.