

# Keeping Kids Safe From Heatstroke in Hot Cars

## What causes heatstroke?

Heatstroke happens when the **body overheats or can't cool down**. This can cause **organ failure, brain damage, or even death**.



**Texas has more child deaths due to heatstroke in a car than any other state.**

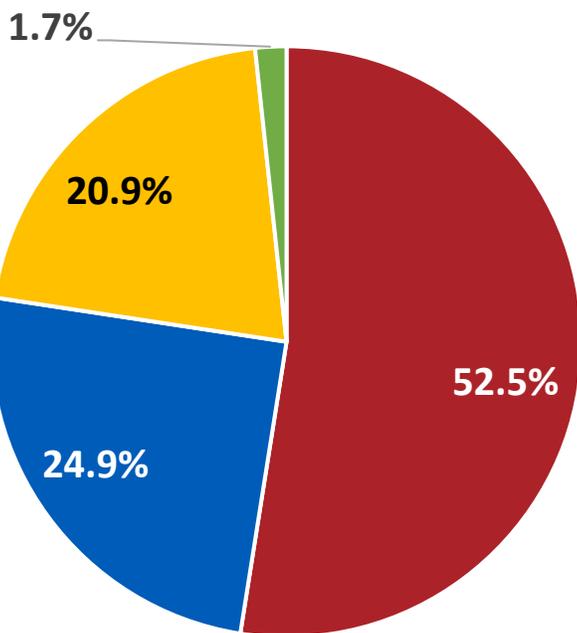
## Cars heat up quickly.

On a 90-degree day, the **inside temperature of a car can increase:**



Also, kids' bodies heat up **3 to 5 times faster** than an adult's.

## How do child heatstroke deaths in cars happen?\*



-  Caregiver Forgot Child in the Car
-  Child Gained Access to a Vehicle Without Caregiver Knowing
-  Caregiver Knowingly Left Child in the Car
-  Unknown

\*[noheatstroke.org](http://noheatstroke.org)

From parents to grandparents to siblings to friends -- **forgetting a child in a car can happen to anyone**

**Any of these factors** can contribute to forgetting a child in the back seat.\*



Lack of **sleep**



Being **stressed**



**Change in routine**



Being **distracted**

\*[kidsandcars.org/hot-cars/facts-sheets](http://kidsandcars.org/hot-cars/facts-sheets)

# How to Prevent Heatstroke in Hot Cars



**Never leave a child alone in a car.**

There is no excuse to leave a **child in the car**, such as a quick trip into the store, even if the car is running.



**Keep cars locked at all times. Always lock your car doors and trunks – even at home.**

Keep car keys away from children.

If a **child is missing**, check **pools and water sources** first, then **vehicles**, including **trunks**.



**Use reminders.**

Keep a stuffed animal or other **memento in your child's seat when it's empty. Move it to the front seat when your child is in the back** as a visual reminder.

**Use reminders to check the back seat** when you reach your destination. **Place something you will need in the back seat** when traveling with a child.



**Call 911 immediately.**

If you see a **child alone in a car**, call **911 immediately**.

You will be **protected from civil liability** for damages resulting **when a child is rescued**.

## Resources:

- No Heat Stroke: [noheatstroke.org](http://noheatstroke.org)
- Texas Heatstroke Task Force: [safety-connection.org/heatstroke/texas](http://safety-connection.org/heatstroke/texas)
- National Highway Traffic Safety Administration: [nhtsa.gov](http://nhtsa.gov)
- Texas Department of Transportation: [txdot.gov](http://txdot.gov)

## Created in collaboration by:



## Get involved.

Join the **Texas Heatstroke Task Force** to receive information and resources to help **keep kids safe**.  
Email [info@txheatstroke.org](mailto:info@txheatstroke.org).