

My God Is/ ABCS Workbook: Scoot, Scoot, Scoot (Volume 5)

It's Hot! Make it a Safe Kids Summer

Facts About Hyperthermia

Did you know that a child's body heats up 3 to 5 times faster than an adult's body? It only takes a few short minutes before a child can become dangerously overheated. In just 10 minutes a car's temperature can increase by 19 degrees – and it continues to rise. In 2010, more than 49 children died while alone in a vehicle. It did not have to happen, and to make sure that it will not happen to you, make sure to follow the tips below.

Top Tips for Preventing Hyperthermia In & Around Cars

- Dial 911 immediately if you see an unattended child in a car. EMS professionals are trained to determine if a child is in trouble.
- Never leave a child unattended in a vehicle, even with the window slightly open.
- Place a cell phone, IDA, purse, briefcase, gym bag or whatever is to be carried from the car, on the floor in front of a child in a backseat. This triggers adults to see children when they open the rear door and reach for their belongings.
- Set your cell phone reminder to be sure you dropped your child off at day care.
- Set your computer calendar program, such as Outlook, to ask, "Did you drop off at daycare today?"
- Have a plan that if your child is late for day care that you will be called within a few minutes. Be especially careful if you change your routine for dropping off little children at day care.
- Teach children not to play in any vehicle.
- Lock all vehicle doors and the trunk after everyone has exited the vehicle – especially at home. Keep keys out of children's reach. Cars are not intended to be playgrounds or babysitters.
- Check vehicles and trunks FIRST if a child goes missing.

If you experience the following after being in the heat seek medical help:

1. Skin is hot red and dry
2. Have nausea and vomiting
3. Headache
4. Fainting and dizziness

To Do's:

- Avoid being in the sun – travel in early morning and later in evening if possible.
- Parents and children should wear hats, wear cool light clothing.
- Increase your water intake, before, during and after activity.
- If you experience a power outage, call your utility company.
- Call 311 to find a cooling station in the city.

Sun Protection Tips for Infants and Children, Based on Age Group

Under six months	<ul style="list-style-type: none">• No sun, no sunscreen
Under one year	<ul style="list-style-type: none">• Keep out of direct sunlight• Keep off hot surfaces – like playground equipment and areas hands and knees may burn if crawling
Under two years	<ul style="list-style-type: none">• Use PABA-free sunscreen with SPF of at least 30• Shoes for all playground surfaces
All children	<ul style="list-style-type: none">• Avoid long sun exposure, even with sunscreen• Always wear a hat• Be alert for long-term risks

* Ask your physician if extra care is needed for sun exposure if your child is taking an antibiotic, anti-seizure medication or acne preparation.



Children's National
Medical Center

Resources: ABA, Safe Kids USA, & CDC.
National provided by Children's National Emergency Trauma
and Burn Services

www.ChildrensNational.org

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