

TEHAMA COUNTY HEALTH SERVICES AGENCY



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PUBLIC SERVICE ANNOUNCEMENT

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Kids and Cars – Heat Stroke Prevention Tips

On average nationally, 37 children die from heat-related deaths by being trapped inside vehicles. Even the best parents or caregivers can unknowingly leave a sleeping baby in a car; and the end result can be injury or even death. These deaths are the most problematic and concerning because they are 100% preventable.

Public Health staff are continuously addressing heat stroke, and other passenger and pedestrian safety issues, in our community. Here are some suggestions to help you remember to look before you lock:

- **Be alert of schedule changes.**
Small changes to a schedule can throw off our routine and cause us to forget about sleeping children in the back seat.
- **Place a child's item in the front seat.**
These items serve as a reminder to remember your child in the back seat.
- **Place a personal item in the back seat.**
Try placing your wallet, cell phone, purse or briefcase in the back seat. Having to retrieve a personal item will cause you to have an additional reminder to check the back seat before you lock the car.
- **Center the car seat in the rear center.**
Not only is this location typically the safest for your child, it is much more visible to the driver making it harder to forget your child.
- **Set up a system with child care.**
Set up a system for reminder phone calls if you don't arrive within twenty to thirty minutes of your normal child drop off time.
- **Discuss hot car deaths.**
Open discussions about this topic will keep the topic in the forefront of everyone's mind reducing the chances of hot car deaths from occurring.
- **Always check the back seat.**
The old adage goes "Old Habits Die Hard." If you make it a habit to always check the back seat it will greatly reduce the odds of forgetting your child.
- **Observe and report incidents.**
If you see a child alone in a vehicle, get involved. If they are hot or seem sick, get them out as quickly as possible. Call 911 or your local emergency number immediately.

In addition to heat stroke awareness the Tehama County Health Services Agency provides a multitude of services and educational opportunities that include the following:

- Child Passenger Safety Classes
- Car Seat Check Up Events
- Child Passenger Safety Certification
- Bike Rodeos and Bike Helmet Distribution

For more information, call Tehama County Health Services Agency - Public Health:

(530) 527-6824 or 1-800-655-6854

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For More Information Please Visit:

<http://www.ots.ca.gov/>

<http://www.kidsandcars.org/heatstroke-day/>

<http://www.safercar.gov/>

<http://www.safekids.org/>