



ALAMANCE COUNTY

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FOR IMMEDIATE RELEASE

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Safe Kids Alamance County

A Warning about the Dangers of Heatstroke

BURLINGTON- With temperatures rising in the spring and summer months, Safe Kids Alamance County has joined with the National Highway Traffic Safety Administration (NHTSA) to remind parents and caregivers about the dangers of heatstroke and leaving children in hot cars. According to the NHTSA, 30 children died last year nationwide as a result of heatstroke.

A child's body temperature can rise up to five times faster than an adult's, and heatstroke can occur in temperatures as low as 57 degrees. On an 80-degree day, a car can reach deadly levels in just 10 minutes.

The warning signs of heatstroke include:

- red, hot, and moist or dry skin
- no sweating
- a strong rapid pulse or a slow weak pulse
- nausea
- confusion or acting strangely

If a child exhibits any of these signs after being in a hot vehicle, cool the child rapidly by spraying them with cool water or with a garden hose, NEVER an ice bath. Call 911 or your local emergency number immediately.

“More than half of all vehicle-related heatstroke deaths in children are caused by a child accidentally being left in the car, and 29 percent are from a child getting into a hot car on their own,” said Safe Kids Alamance County Coordinator Kelley Kimrey. “We want to get the word out to parents and caregivers. Please look before you lock.”

Safe Kids urges all parents and caregivers to do these three things:

- 1) NEVER leave a child in a vehicle unattended
- 2) Make it a habit to look in the backseat EVERY time you exit the car
- 3) ALWAYS lock the car and put the keys out of reach

If you ever see a child left alone in a hot vehicle, call 911 right away. For more information, check out www.safekids.org or contact Kelley Kimrey, Safe Kids Alamance County Coordinator.

##ACHD##



**Committed to Protecting and Improving the
Public's Health in Alamance County**