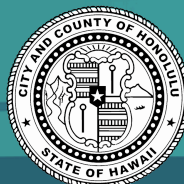
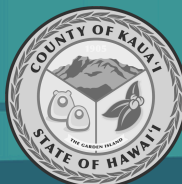


Heat Safety Tips for

CARS, KEIKI, & PETS



Brought to you by:





How fast can the sun heat a car?

During extreme heat, the temperature in your car can be deadly, reaching over 100 degrees within minutes.

Outside temperature: 80°F



Inside: 109°F



Inside: 118°F



Inside: 123°F

Never leave keiki in a parked car.

53%

of hot car deaths happen because someone forgets a child in a car. More than half of those deaths are children under 2 years old.

104°F

is the core body temperature when heatstroke begins. A child can die when their body temperature reaches 107 degrees.

**3-5x
FASTER**

A child's body temperature rises three to five times faster than an adult's. When a child is left in a vehicle, the situation can quickly become dangerous.

80%

of the total heat rise in a closed vehicle occurs in the first 30 minutes.





**Protect keiki from
this preventable
tragedy by
remembering to:**

STOP

LOOK

LOCK



Check the backseat.

Place a personal item in the back seat, such as a purse or wallet, as another reminder to look before you lock.



Lock your car when you're not using it.

Even if you don't have a child of your own, a child in your neighborhood could get into your unlocked vehicle.



Act fast and save a life.

If you see a child alone in a locked car, act immediately and call 911. A child in distress due to heat should be removed from the vehicle quickly and rapidly cooled.

Pets

Never leave your furry friend in a parked car, they can suffer from heat-related illness too!



Practice basic summer safety to keep your pets safe and cool.



Limit exercise on hot days

Limit exercise to early morning or evening. Asphalt can burn your pet's paws, so walk on grass if possible.



Cool your pet inside and out.

Whip up a batch of quick and easy DIY pupsicles for dogs. And always provide water, whether your pets are inside or out with you.



Watch for signs of heatstroke

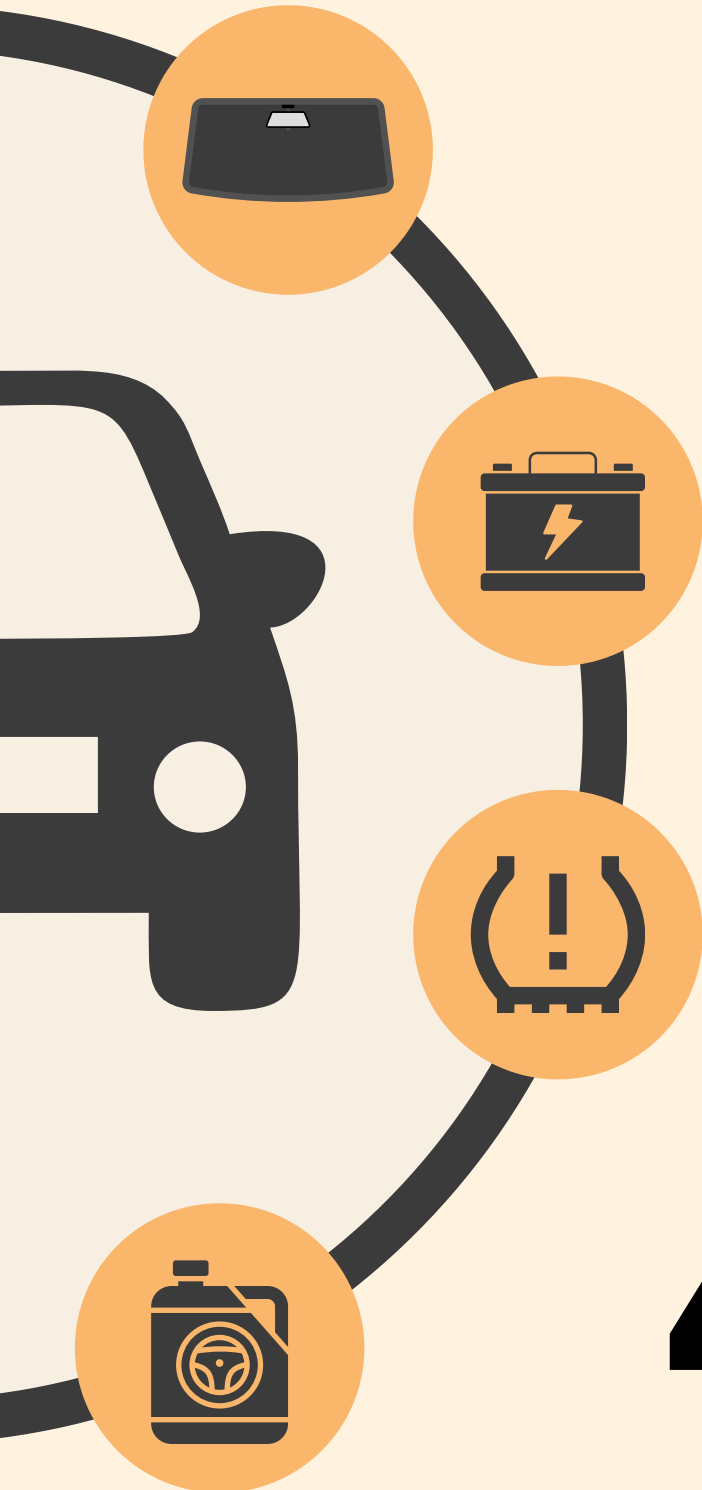
Some signs are heavy panting, glazed eyes, rapid heartbeat, difficulty breathing, excessive thirst, lethargy, fever, dizziness, lack of coordination, profuse salivation, vomiting, a deep red or purple tongue, seizure and unconsciousness.



How to treat a pet suffering from heatstroke

Move your pet into the shade or an AC area, cool them off with ice packs or cold towels, and let them drink small amounts of cool water or lick ice cubes. Take them directly to a veterinarian.

Four tips to prep your car for extreme heat.



1

Use a sun shield or park in the shade.

Aim to park in the shade if can. If no can, use a sun shield to cover the windshield to minimize heat buildup and to help protect the car's interior.

2

Check the car battery.

Ensure your car battery is secured and clean to prevent failure from summer heat and vibration.

3

Keep your tires properly inflated.

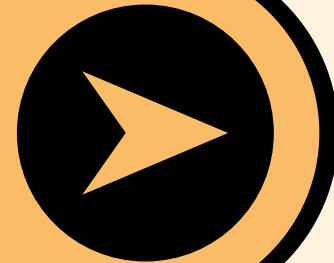
Driving on under-inflated tires can cause overheating and increase the risk of a tire blowout in high temperatures.

4

Make sure fluids are at appropriate levels.

Most engine fluids serve as coolants by carrying heat away from critical components. Low engine fluid levels reduce cooling and increase the risk of overheating.

LEARN MORE



Find more resources
about heat illnesses,
extreme heat, and how
to prepare at
www.heat.gov