

HYPERTHERMIA: *Don't let it happen to your child.*

Every year since 1998, heat stroke or hyperthermia has claimed the lives of more than 30 children when they were left alone in cars. It does not need to be a very hot day for the car to become too hot for a young child's body. There is no temperature when it is safe to leave a child alone in a car as their bodies heat up 3-5 times faster than an adult's. Heat stroke, which can cause permanent brain injury or death, occurs when a child's core body temperature reaches 107 degrees. Children as old as 13 have been affected.

We urge all parents and caregivers to NEVER LEAVE YOUR CHILD ALONE IN A CAR for any reason or any amount of time. Here are some tips to be sure your child does not get left unknowingly in a vehicle:

- Set your cell phone to remind you to drop off your child at childcare.
- Set your computer program or leave yourself a note at work asking, "Did you drop off at childcare today?"
- Never leave a child alone in a vehicle, even with the window slightly open.
- Lock all vehicle doors and trunk - especially at home. Keep keys out of child's reach.
- Teach children not to play in vehicles. They are not playgrounds.
- Check vehicles and trunks FIRST if a child goes missing.
- Create a plan with your childcare - if your child is late to arrive, have care giver call you. Be especially careful if you change your routine for dropping off.
- Place a cell phone, diaper bag or gym bag in the back seat on the floor. This will force you to open the back door, which will eliminate accidentally leaving a child in the car.
- Dial 911 immediately if you see an unattended child in a car. EMS professionals are trained to determine if a child is in trouble.

For more information go to www.safekids.org/nlyca or call Safe Kids ND at 800-932-8890.

