

Vehicular Heatstroke Prevention

Don't Take a Chance - Look Before You Lock

Heatstroke is the leading cause of not-in-traffic, non-crash-related fatalities for children 14 and younger. Heatstroke is preventable!

Remember these three things:

- ◆ NEVER leave a child in a vehicle unattended.
- ◆ Make it a habit to look in the back seat EVERY time you exit the car.
- ◆ ALWAYS lock the car and put the keys out of reach.

Safety Tips to Avoid Heatstroke

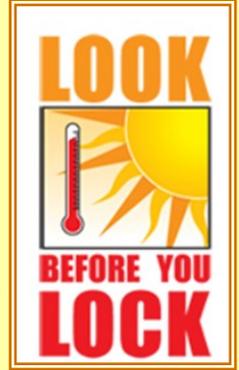
- ◆ Never let your children play in an unattended vehicle.
- ◆ Create reminders by putting something in the back seat next to your child, such as a briefcase, purse, or cell phone.
- ◆ Make arrangements with your child care provider about morning drop-off. If your child will not be attending as scheduled, you should call and inform the child care provider. If the child does not show up at child care, the provider agrees to contact you **immediately to ensure the safety of your child.**

It can happen to anyone.

- ◆ In 54% of cases, the child was forgotten by the caregiver.
- ◆ In 26% of cases, children got into the vehicles on their own.

Risks

- ◆ In the span of 10 minutes, a car can heat up by **20° Fahrenheit.**
- ◆ Rolling down a window **does little to keep the car cool.**
- ◆ **With temperatures in the 60s,** your car can heat up to **well-above 110°.**
- ◆ A child's body temperature can rise **three to five times faster** than an adult's body temperature.
- ◆ Heatstroke can happen when the temperature is **as low as 57° outside!**
- ◆ Heatstroke begins when the core body temperature reaches about 104 degrees. A core body temperature of **107 degrees is lethal.**
- ◆ The children most at-risk are those under 1 year, who are too young to alert others for help.



Heat Exhaustion

- ◆ Heavy sweating
- ◆ Weakness or fainting
- ◆ Cold, pale and clammy skin
- ◆ Rapid, weak pulse
- ◆ Nausea or vomiting
- ◆ Muscle Cramps
- ◆ Go to an air conditioned place
- ◆ Drink water
- ◆ Take a cool shower

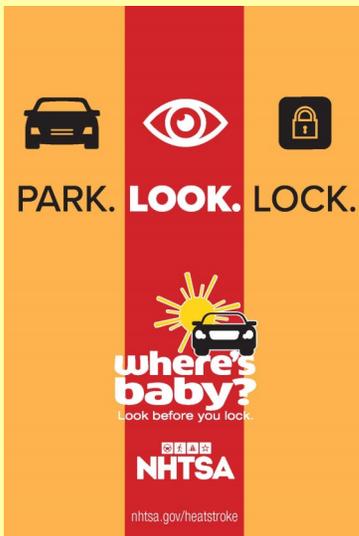


Heatstroke

- ◆ Red, hot, and moist or dry skin
- ◆ No sweating
- ◆ Strong rapid pulse or a slow weak pulse
- ◆ Throbbing headache
- ◆ Dizziness
- ◆ Nausea
- ◆ Confusion
- ◆ May lose consciousness
- ◆ CALL 911
- ◆ Take immediate action to cool off

Is dropping off a child not part of your normal routine?

- ◆ Come up with some ways to remind yourself that the child is in the car.
 - ◆ Place a briefcase, purse, or cell phone next to the child's car seat so that you will always check the back seat before leaving the car.
 - ◆ Have a plan in place to ensure your child has been dropped off and not left in the car.
 - ◆ Have your child care provider call you if your child does not arrive.
 - ◆ Place a written note on the dashboard of your car, or set a reminder on your cell phone or calendar.



If you see a child alone in a vehicle:

- ◆ Always make sure the child is okay and responsive.
 - ◆ If not, **call 911 immediately.**
- ◆ If the child appears to be okay, attempt to locate the parents.
 - ◆ Have the facility's security or management page the car owner over the PA system.
- ◆ If the child is not responsive and appears to be in distress, attempt to get into the car to assist the child—even if that means breaking a window.



Care and Cleaning Car Seats Coronavirus (Covid-19)



Loan programs are focused on providing clean and safe car seats to families. To prevent the spread of Covid-19, should there be changes to how a car seat should be cleaned? When it comes to cleaning a child's car seat, follow the car seat manufacturer's instructions and never use bleach or harsh chemicals.



Car Seat Cleaning Tips

Always Read and Follow the Car Seat Manufacturer's Instructions

- ◆ Each manufacturer has specific instructions on how to clean their car seat.

Wash as Directed: The car seat manufacturer's instructions provide guidance on how to clean the different parts of a car seat. Most manufacturers recommend using mild soap. **DO NOT** use bleach or strong cleaners.

- ◆ **Car Seat Pad/Fabric:** Confirm whether the pad is machine washable or if the car seat manufacturer requires hand washing. Plan on air drying the pad, unless the instructions say using the dryer is permitted.
- ◆ **Car Seat Harness Webbing/LATCH Straps:** Many harnesses cannot be immersed in water. Spot-cleaning may be recommended. Use a damp soft cloth or sponge to wipe the harness with mild soap and water to clean and allow the harness to air dry. Do not iron or use high heat on the harness.
- ◆ **Car Seat Shell/Plastic:** Clean with mild soap and water. Make sure to rinse off the soap with clean water and dry with a soft cloth. Take care not to damage any labels when cleaning the car seat.



Evaluate the Crotch Buckle and Lower Anchor Connectors: Check the crotch buckle and clean as needed to ensure proper latching. Make sure the buckle is functioning properly and is free of debris. Many car seat manufacturers recommend using water when cleaning buckles or push-on LATCH connectors. To clean:

- ◆ Remove the buckle from the car seat.
- ◆ Thoroughly rinse the buckle with warm water.
 - ◆ **Do Not** submerge the buckle webbing into the water.
 - ◆ **Do Not** soak the buckle or use soap, household detergents, solvents, or lubricants.
- ◆ Remove the buckle from the water and shake out any excess water. Allow the buckle to air dry.
- ◆ Never use oil lubricants or chemicals in the buckle as it may change the way the buckle functions.



Before you start to clean the car seat...

Review the car seat manufacturer's cleaning instructions.

- ◆ Read the car seat instruction manual.
- ◆ Check the car seat manufacturer's website on how to remove the fabric pad and harness, if needed.
- ◆ Take a picture or pictures of how the harness straps are connected and other parts before you disassemble and remove from the shell.



Allow Time for the Cleaning Process

- ◆ Allow time for the car seat padding, buckle and all the cleaned parts to fully dry. Air drying may take several hours or even a day.
- ◆ Consider ordering replacement parts for any parts that cannot be adequately cleaned. Manufacturers offer replacement parts for their car seats.
- ◆ Contact customer service to determine if a replacement part is available for the car seat.
- ◆ Have the model number and manufacture date available when ordering a replacement part.

Reassemble Correctly

- ◆ Carefully follow the car seat instructions to assemble the car seat correctly.
- ◆ Use the pictures of the car seat parts and harness assembly to serve as a guide as you reassemble the car seat.
- ◆ Make sure the harness is not twisted.
- ◆ Pull on the harness system to make sure it is securely installed.

Isolate the Seat, if Possible

- ◆ The Center for Disease Control: Current evidence suggests that the novel coronavirus may remain viable for hours to days on surfaces made from a variety of materials.
- ◆ If possible, isolate the seat from use for two weeks or longer.

Follow all CDC Guidelines

- ◆ The Center for Disease Control is frequently updating policies and recommendations as new data is available. Be sure to follow CDC guidelines when dealing with car seats and families.