



## Seasonal CRD Preparedness Tips July

### The Dangers of Leaving Kids/Pets in Parked Cars

*During this season, temperatures will continue to rise, and heat-related deaths and illnesses will also increase. We want to help you take safety measures to secure loved ones and pets during this season of rising temperatures.*

#### Keep kids cool and hydrated

- **Never leave infants or children in a parked car, even if the windows are open**
  - 70 degrees outside can cause cars to reach approximately 90 degrees inside
- Dress kids in loose, lightweight, light-colored clothing.
- Stay away from really cold and/or sugary drinks

#### Never leave kids in a parked car

- A kid's body heats up 3-5 times faster than an adult's
- About 38 children die in the U.S. from heat stroke in a car each year
- Leaving a window open is not enough

**\*\*Tip:** Keep a stuffed animal in the front car seat when transporting children. It can remind you to check the backseat before exiting. Also, keeping important belongings (purse, phone, etc.) in the back of the car will remind you as well.

#### Sources

<https://www.cdc.gov/disasters/extremeheat/children.html>  
<https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/prevention/dangers-child-alone-car/>

#### How quickly a car heats up

Minutes passed	Outside air temperature					
	70 °F	75 °F	80 °F	85 °F	90 °F	95 °F
10 min.	89 °F	94 °F	99 °F	104 °F	109 °F	114 °F
20 min.	99 °F	104 °F	109 °F	114 °F	119 °F	124 °F
30 min.	104 °F	109 °F	114 °F	119 °F	124 °F	129 °F
40 min.	108 °F	113 °F	118 °F	123 °F	128 °F	133 °F
50 min.	111 °F	116 °F	121 °F	126 °F	131 °F	136 °F
60 min.	113 °F	118 °F	123 °F	128 °F	133 °F	138 °F

Internal car temperature

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INSIDER



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