Hot Car Safety

CAR SEAT SAFETY IN THE SUMMER:

Summer is here, and so is the Texas heat! As we brace for the rising temperatures of the season, ensuring the safety of little ones in hot cars is increasingly important. Children do not self-regulate their temperatures as effectively as adults do, therefore they are already at increased risk of heat-related problems. Heat stroke is the leading cause of vehicle-related deaths (other than motor vehicle crashes) in children under age 15. Here are ways to keep your kids safe in the car this summer:

- **Check the Back Seat Before Exiting the Vehicle:** Develop a habit of checking the back seat to be sure your child is not in the car. This is a simple yet effective practice for preventing accidents.
- **Create a Visual Reminder System:** Place your purse, wallet or briefcase in the back seat. This action not only ensures you check the back seat when exiting the vehicle, it is a way to reinforce your awareness of your child's presence in the car.
- **Educate Children About Car Safety:** Teach your children that the car is not a place to play; this can instill from an early age they should never play or hide in cars and stay out of vehicles unless accompanied by an adult.
- **Secure Keys**: Keep your keys out of reach of children to prevent them from gaining access to the car without your knowledge. Store keys in a safe and secure location, such as a high shelf or other designated areas out of reach.
- **Act Fast:** Most importantly, if you see a child left unattended in a car, act fast. Temperatures can rise quickly and every minute counts. Stay with the child until a parent arrives, call 911 immediately if the child is in distress or unresponsive.

Bring your child to Little Spurs Pediatric Urgent Care for all of their minor illnesses and injuries! Open seven days a week, Little Spurs treats children 0-21 years old.

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