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## NEVER LEAVE YOUR CHILD ALONE IN A CAR

Don't risk your child's life by leaving them in the car. A child's body can heat up five times faster than an adult's and even in cooler weather, cars can heat up to dangerous temperatures very quickly. On a mild day, the temperature inside a car can rise 20 degrees above the outside temperature in just 10 minutes or less.

- Make a habit of checking your vehicle before leaving it. Look before you lock!
- Keep a stuffed animal or other reminder next to you in the car as a cue that your child is with you.

**If you ever see a child alone in a car, dial 9-1-1 immediately!**



## DON'T FORGET OUR FURRY FRIENDS

Pets can get dehydrated quickly, so make sure you take precautions to keep your pet safe.

- Give your pet plenty of water when it's hot outdoors. Make sure to fill their water bowl before you leave.
- Make sure they have a shady place to get out of the sun.
- Be careful not to over-exercise your pet. Too much playtime in the hot sun is dangerous for them.
- Hot asphalt and tar can burn sensitive paw pads, walk your pet on grass or dirt when possible.
- Keep your pet indoors when it's extremely hot outside.
- **Never** leave your pet in a car! Pets can overheat in minutes so don't put them at risk! Leave them home in hot weather.

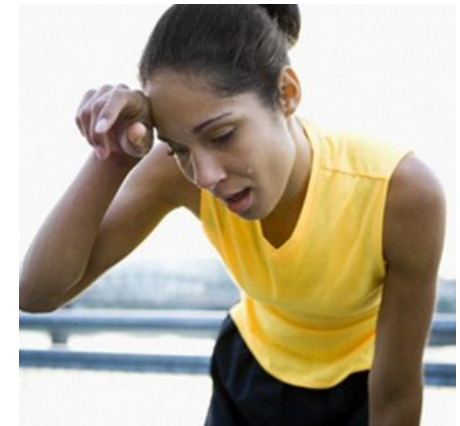
CITY OF AUSTIN  
EMERGENCY MEDICAL  
SERVICES DEPARTMENT



*Changing the lives of the people we serve*

## STAY SAFE IN THE SUMMER HEAT

### Tips for Preventing Heat Emergencies and Hyperthermia



**Austin-Travis County EMS**

[www.atcems.org](http://www.atcems.org)

512.972.7200



# PREVENTION

# IS THE KEY TO SAFE FUN IN THE SUN

Our Central Texas summers are filled with plenty of outdoor activities and fun in the sun. If you are planning on being outdoors on a hot summer day you can take simple precautions to keep you and your family members safe from the summer heat. Stay cool and make simple changes in your fluid intake, activities and clothing during hot weather to help reduce the risk of hyperthermia and heat stroke.

- Pack your cooler with water, ice and cool packs or cloths. Avoid caffeinated and alcoholic beverages which are diuretics and can dehydrate you.
- Dress for the heat in loose, light colored clothing, wear a hat and use sunscreen.
- Stay hydrated and drink more water than usual, 2 to 4 eight ounce cups of water every hour when outside for long periods of time, and when performing strenuous work or exercise.
- Don't over-exercise, take breaks and seek the shade or air conditioning to cool yourself down.
- Keep an eye on children, pets and the elderly for signs and symptoms of heat exhaustion and heat stroke.

## WARNING SIGNS AND SYMPTOMS OF HEAT EMERGENCIES

### SIGNS OF HEAT EXHAUSTION

- HEAVY SWEATING
- WEAKNESS
- COLD, PALE AND CLAMMY SKIN
- FAST, WEAK PULSE
- NAUSEA OR VOMITING
- URINE DARK IN COLOR OR LACK OF NEED TO URINATE; YOU SHOULD URINATE AT LEAST ONCE EVERY 3-4 HOURS

### WHAT TO DO:

- MOVE TO A COOLER LOCATION
- LIE DOWN AND LOOSEN YOUR CLOTHING
- APPLY COOL, WET CLOTHS OR COMPRESSES TO AS MUCH OF YOUR BODY AS POSSIBLE
- SIP WATER
- IF YOU HAVE VOMITED AND IT CONTINUES, SEEK MEDICAL ATTENTION IMMEDIATELY



### SIGNS OF HEAT STROKE

- HIGH BODY TEMPERATURE (ABOVE 103°F)
- HOT, RED, DRY OR MOIST SKIN
- RAPID AND STRONG PULSE
- POSSIBLE UNCONSCIOUSNESS

### WHAT TO DO:

- CALL 9-1-1 IMMEDIATELY—**THIS IS A MEDICAL EMERGENCY**
- MOVE THE PERSON TO A COOLER ENVIRONMENT
- REDUCE THE PERSON'S BODY TEMPERATURE WITH COOL CLOTHS OR EVEN A BATH
- DO **NOT** GIVE THE PERSON FLUIDS

### FINAL NOTE:

MILD HEAT EMERGENCIES CAN QUICKLY AND CONTINUALLY PROGRESS TO SEVERE HEAT EXHAUSTION AND HEAT STROKE IF LEFT UNTREATED.