



## Natural Disasters and Severe Weather

# Heat and Infants and Children



Infants and young children rely on others to keep them cool and hydrated when it's hot outside.

## Keep kids cool and hydrated

- Never leave infants or children in a parked car, even if the windows are open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Make sure they're drinking plenty of fluids. Stay away from really cold drinks or drinks with too much sugar.
- Follow [additional tips](#) on how to prevent heat-related illness.

## Never leave kids in a parked car

- Even when it feels cool outside, cars can heat up to dangerous temperatures very quickly.
- Leaving a window open is not enough- temperatures inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes, even with a window cracked open.
- Children who are left unattended in parked cars are at greatest risk for heat stroke, and possibly death.

## Tips for traveling with children

- Never leave infants or children in a parked car, even if the windows are cracked open.
- To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver.
- When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car.

## Learn how to spot heat-related illness

- Seek medical care immediately if your child has [symptoms of heat-related illness](#).

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