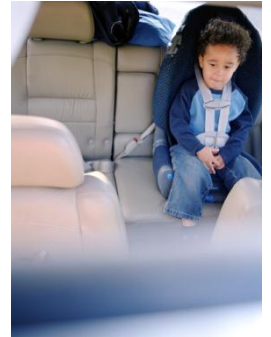


# Building Blocks to Brighter Futures

*Resources to Help Make Sure All Our Kids are "AOK"*



## Motor Vehicle Safety



**Many children die each year from heat-related causes when they are left alone in a vehicle**

- Children's bodies do not cool as readily as adults do, so they become overheated much more easily
- Heat stroke occurs quickly and can cause loss of consciousness, and eventual death

**A car becomes dangerously hot within just a few minutes**

- Even in cooler weather, vehicles heat up to dangerous levels very quickly: interior temperatures can rise almost 20 degrees Fahrenheit higher than the outside temperatures within 10 minutes (even with the windows left slightly open)
- The inside temperature can rise more than 30 degrees F° in 30 minutes
- No amount of time is safe to leave a child alone in a car or truck

**Additional dangers face any child left alone in a car**

- A child can put the car in gear and crash (even a toddler)
- A child can start the power window and become strangled or injured
- A child can gain entry to the trunk and become trapped inside
- The vehicle can be stolen with the child in it
- The child could get out of the car and become lost or injured



For more information, please visit the Kane County Health Department's website at [kanehealth.com/aok.htm](http://kanehealth.com/aok.htm) or call 630-208-3801



## Tips For Care Givers

There is no typical family affected by these tragedies. They have happened to physicians as well as fast food employees.

### To avoid having children get into a vehicle by themselves, care givers should:

- Always lock the car
- Keep the keys out of reach of children
- Check the car, including the trunk, first if a child is missing
- Teach children that vehicles are never to be used as a play area

### To avoid accidentally leaving a child in the car, caregivers can:

- Keep a stuffed animal in the child's car seat and when the child is in the seat, put the toy in front with the driver as a visual reminder of the child
- Place their wallets, cell phones or other valuables in the backseat with the child
- Have a call plan for a childcare provider if the child does not show up as planned for daycare or school
- Use extra caution to supervise young children and monitor their whereabouts when there are changes in routine

### Be aware of your blind spots before starting your car

- Always walk behind your car before entering it
- Be sure everyone is in the car before starting it
- Watch for young children in parking lots and on driveways
- Watch for children darting between cars

### Deaths to young children caused by motor vehicles are needless tragedies that can be avoided. Use these prevention tips:

- Make sure your child is always supervised by an adult
- Become involved when policies need to be changed
- Know the Illinois State traffic laws
- Educate yourself and other caregivers about risks and safe practices
- Change your dangerous habits
- Follow the simple technique of keeping the car locked when not in use

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