

HEAT STROKE & HOT VEHICLE SAFETY

(DCF Required Parent Information for Handbook)

Heat-Related Illness & Hot Vehicle Safety

Children are at high risk for heat-related illness, including heat exhaustion and heat stroke, especially in Florida's climate. Temperatures inside a vehicle can rise to dangerous levels within minutes, even with windows cracked.

Hot Car Safety Facts

- A car can heat up **20°F in just 10 minutes**
- Cracking windows does **NOT** significantly reduce heat
- Children's bodies heat up **3–5 times faster than adults**
- Heat stroke can occur when body temperature reaches **104°F**

Signs of Heat Exhaustion

- Heavy sweating
- Pale, cool, or clammy skin
- Weakness or fatigue
- Nausea or vomiting
- Dizziness

Signs of Heat Stroke (Medical Emergency)

- Hot, dry, or flushed skin
- Rapid pulse
- Confusion or disorientation
- Loss of consciousness
- Body temperature above 104°F

 **If heat stroke is suspected, call 911 immediately.**

Prevention Guidelines

- Never leave a child unattended in a vehicle for any reason
 - Always check the back seat before locking your car
 - Keep vehicles locked when not in use
 - Ensure children are hydrated throughout the day
 - Dress children in lightweight, breathable clothing
 - Limit outdoor exposure during extreme heat
 - Staff will monitor outdoor play times in accordance with DCF guidelines
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School Commitment

Our school follows all Florida Department of Children and Families (DCF) regulations regarding child safety, including:

- Active supervision at all times
 - Safe outdoor play practices
 - Immediate response to signs of heat-related illness
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