

Heat Safety: Protect Those at Greater Risk

Who needs extra protection from heat and why vehicles are never safe.

HEAT SAFETY

Heat Puts Some People at Greater Risk

Know who needs extra protection and why a locked vehicle can become deadly.

Heat can cause illness and can worsen existing health conditions. Everyone is vulnerable, but risk is not shared equally.

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HIGHER RISK

Three Groups Need Extra Heat Protection

Older adults

Risk rises with disease, medication use, living alone, or limited mobility.

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People with chronic conditions

A heat wave can trigger more serious health problems than it does for healthy people.

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Pregnant women

Extreme heat is associated with adverse birth outcomes, including preterm birth.

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CHILDREN

Young Children Adapt Less Readily to Heat

Infants and young children are particularly vulnerable to heat-related illness and death.

Their bodies are less able to adapt to heat than adult bodies. Infants are specifically included in this higher-risk group.

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VEHICLE SAFETY

A Locked Car Is Never Safe

""It is NEVER safe to leave a child, disabled person or pet locked in a car, even in the winter.""

- National Weather Service

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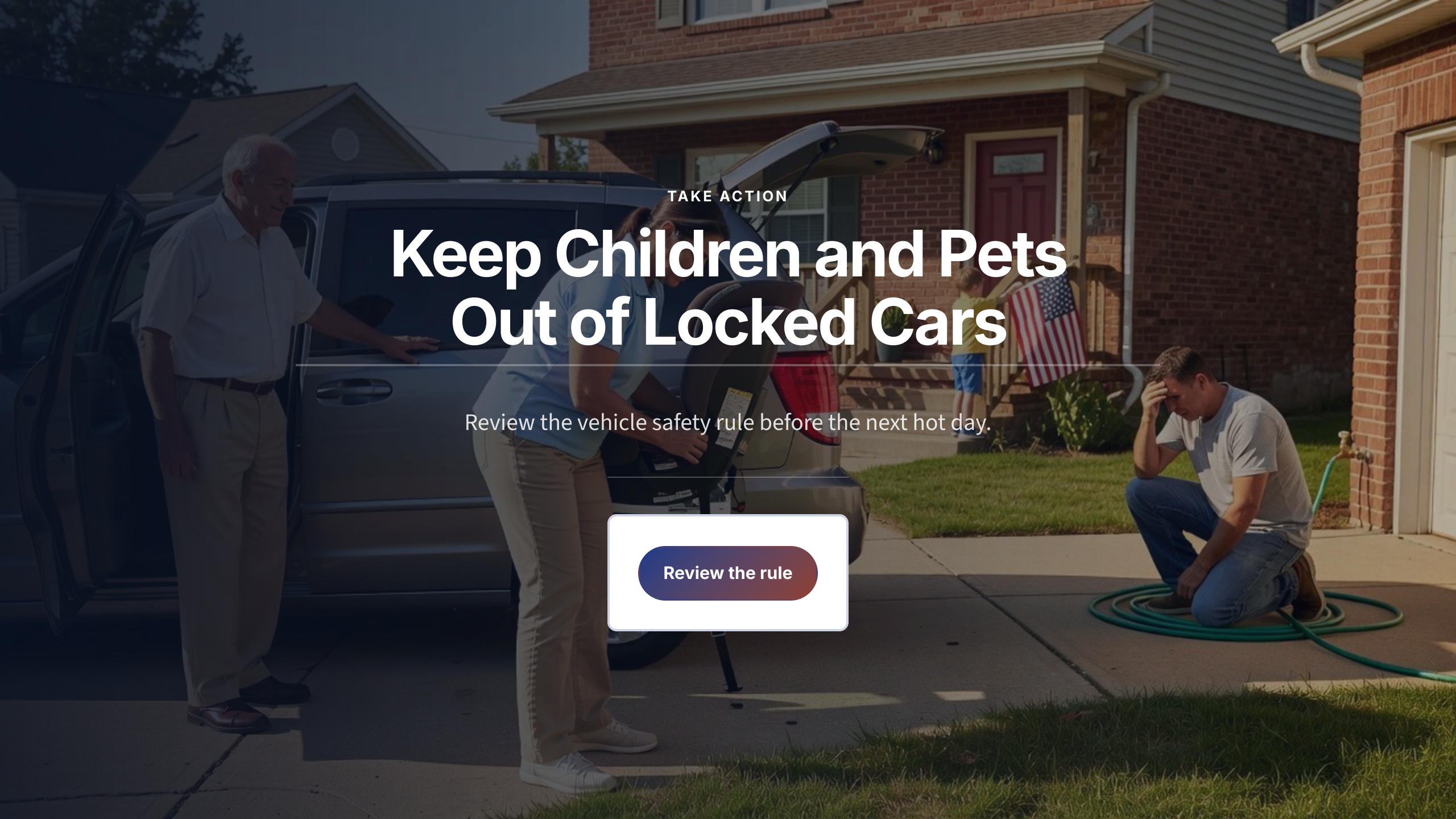
ACT EARLY

The Danger Is Not Limited to Summer

A child can die in 10 minutes inside a car.

Reported child deaths occur as early as April and continue into December in southern states. The source reports 31 children died in hot cars in 2025.

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A photograph of a family in a driveway. An older man in a white shirt and khaki pants stands by the open driver's side door of a silver SUV. A woman in a light blue shirt and khaki pants is leaning into the open rear hatch of the SUV, handling a car seat. In the background, a young child in a yellow shirt and blue shorts stands near a red door of a brick house. To the right, a man in a grey t-shirt and blue jeans is crouching on the sidewalk, looking distressed with his hand on his forehead. A green garden hose is coiled on the ground near him. The scene is set in a suburban neighborhood with brick houses and green lawns.

TAKE ACTION

Keep Children and Pets Out of Locked Cars

Review the vehicle safety rule before the next hot day.

[Review the rule](#)

References

1. [Heat Safety Resources](#)
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