

Please do not leave children unattended in warm cars!

Temperatures inside a parked car can rise extremely quickly, even if the windows are opened.

		Temperature inside the car after...			
		5 minutes	10 minutes	30 minutes	60 minutes
Outdoor temperature	20°C	24°C	27°C	36°C	46°C
	22°C	26°C	29°C	38°C	48°C
	24°C	28°C	31°C	40°C	50°C
	26°C	30°C	33°C	42°C	52°C
	28°C	32°C	35°C	44°C	54°C
	30°C	34°C	37°C	46°C	56°C
	32°C	36°C	39°C	48°C	58°C
	34°C	38°C	41°C	50°C	60°C
	36°C	40°C	43°C	52°C	62°C
	38°C	42°C	45°C	54°C	64°C
	40°C	44°C	47°C	56°C	66°C
	42°C	46°C	49°C	58°C	68°C
	44°C	48°C	51°C	60°C	70°C
	46°C	50°C	53°C	62°C	72°C
	48°C	52°C	55°C	64°C	74°C

Source: Grundwein, Dowd, Meentemeyer (2010)

Children are especially vulnerable to heat-related illnesses, as their bodies produce more heat relative to their size than adults and because their abilities to sweat are not as well developed yet. It is therefore extremely dangerous to leave your child (as well as any pet of course!) unattended in the car during warm days.

How to make sure that your child can travel safely during summer

- Have them wear light and thin clothes
- Make sure they drink a lot
- Check on them regularly and take them out of the car as often as possible
- Choose a baby car seat with a low reaching sun canopy and high SPF
- Use click-on sun canopies for toddler seats to protect from sun exposure when putting them on the front seat
- Cover the side windows with sun shades

You can find further information on child safety in cars also on www.carseat.co.uk

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