



**Kawartha  
Haliburton**  
Children's Aid Society

Safe Kids. Strong Families. Thriving Communities.

## Children and Heat. Safety First

### Sun Safety:

There are several things you can do to protect yourself and your children from sun damage:

- Wear sun-protective clothing and cover as much skin as possible
- Slop and Go: Use SPF 30 or higher sunscreen and reapply every 2 hours
- Be a mad-hatter: Always wear a hat
- Cool Shades: Wear CSA approved sunglasses and play in the shade
- Avoid direct sun exposure between 11am and 4pm when the sun is strongest

### Car Safety:

Summer heat and cars present extreme risks to children. It doesn't take long for heat stroke to set in.

- Never leave a child in a car, even with the windows down
- If you need to run an errand, take your child with you
- Look before you leave: search your vehicle, front and back, before you leave
- When you change your routine, or someone else drives your children, check in to make sure everyone has arrived at their destination

### What can you do if you see a child in a hot car?

- Call 911: Don't delay, call right away
- If the car is unlocked, open the doors and shade the child or remove the child safely from the car
- Provide information, location and license plate information
- Wait for police to arrive

**If you have any questions, call the Kawartha-Haliburton Children's Aid Society  
705 743-9751 or 1 800 661-2843**