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Red Cross of Northern Nevada urges motorists to prepare for extreme heat, stay safe on the road this Fourth of July

With 72.2 million Americans traveling over the holiday – more than 61 million by car – 437 deaths and nearly 50,000 injuries from traffic crashes predicted nationwide.

RENO, Nev. (July 2, 2025) — With more than 61 million people expected to travel by car this Fourth of July holiday, the American Red Cross of Northern Nevada is urging motorists to stay alert on the road and update their vehicles' emergency kits to handle extreme heat. As temperatures soar across much of the country, preparation is key to ensuring safe travel.

With nearly [440 traffic-related fatalities](#) and an estimated 50,000 injuries projected nationwide over the holiday weekend, according to the National Safety Council (NSC), preparedness is more critical than ever.

"Before heading out this holiday, make sure your vehicle is in good condition and your route is planned in advance," said Bridget Posson, Executive Director for the American Red Cross Northern Nevada Chapter. "Buckle up, drive responsibly and update your emergency kit to include supplies for extreme heat. These simple steps can help ensure a safe and enjoyable weekend for everyone."

With many families expected to drive long distances, the American Red Cross of Northern Nevada emphasizes the importance of having a well-stocked emergency kit in your vehicle. "Emergencies can happen anytime, anywhere," Posson added. "Having the right supplies on hand can make all the difference in staying safe and comfortable during unexpected situations."

To help motorists prepare, the Red Cross recommends adding extreme heat-specific items to emergency kits, including extra bottled water, electrolyte tablets or drinks, sunscreen, cooling towels or misting fans, a reflective sunshade for the windshield, and lightweight emergency blankets for shade.

Car Emergency Kit Essentials

The Red Cross recommends including the following items in your car emergency kit:

- High-protein snacks
- Water
- First aid supplies
- Flashlight and extra batteries
- Small battery-operated radio
- Blanket
- Jumper cables
- Map
- Cellphone charger
- Emergency contact card with names and phone numbers

For a complete guide to building an emergency kit, visit redcross.org/kit.

Traffic Risks and Record Numbers

This Fourth of July weekend is expected to set a new travel record, with an estimated 72.2 million people traveling domestically by Sunday, July 6. Of those, over 61 million will likely travel by car. The NSC analysis projects that 437 lives may be lost nationwide due to preventable traffic accidents, with nearly 50,000 injuries expected.

"The Fourth of July holiday is consistently one of the deadliest periods for roadway users," said Mark Chung, executive vice president of safety leadership and advocacy at NSC. "Holiday travel combined with risky behaviors creates heightened dangers, making extra caution critical for everyone on the road. Every crash is preventable, and we all have a role in ensuring everyone makes it home safely."

Red Cross Fourth of July Weekend Travel Safety Tips

1. **Drive defensively:** Always wear your seatbelt, designate a sober driver, get enough rest and avoid distractions.
2. **Prepare your vehicle:** Inspect your tires, check the oil and confirm your emergency kit is fully stocked.
3. **Avoid impairment:** Drugs and alcohol, including certain prescription medications, can impair your driving ability.
4. **Monitor your speed:** Obey posted speed limits and adjust your speed based on weather and traffic conditions.
5. **Stay focused:** Put your phone out of reach and minimize distractions to keep your attention on the road.
6. **Check the back seat:** Always double-check your vehicle before locking it to ensure no children or pets are left behind.

Emergency Information at Your Fingertips

Be better prepared for emergencies by downloading the free Red Cross apps. The Emergency app provides live weather updates, shelter locations and expert disaster advice, while the First Aid app offers step-by-step guidance for injuries, including lifesaving CPR instructions. Search “American Red Cross” in your app store or visit redcross.org/apps to download.

Learn more about the National Safety Council

For more than 110 years, the National Safety Council has been America’s leading nonprofit safety advocate, dedicated to eliminating preventable deaths and injuries in the workplace and on roadways. For more information, go to nsc.org. For additional information about Fourth of July weekend fatality estimates and motor vehicle data, visit injuryfacts.nsc.org.

About the American Red Cross

The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation’s blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members, and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit redcross.org or CruzRojaAmericana.org, or follow us on social media.

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