Did you know...

- Young children can drown in just one inch of water.
- Drinking mouthwash can cause a young child to fall into an alcohol coma.
- A child can fall out of a window that is opened only five inches.
- In a crash at 30 mph, the impact to a child without a seat belt would be similar to a fall from a three-story building.

Every year, injuries from "accidents" kill and disable more children than kidnapping, drugs, and disease combined. The leading risk areas are traffic crashes, drownings, burns and scalds, chokings, poisonings, and falls. However, injuries can be prevented.

What you can do to protect your child from serious injury:

- **Always** use child passenger seats and seat belts when in a car. Use them properly!! Make sure everyone is buckled up before starting the car.
- **Properly install** smoke detectors in your home. Keep them working!!
- **Always** have your child wear a bike helmet when riding a bicycle. (You, too!)
- **Keep** all guns unloaded, locked up, and out of the reach of children. Keep guns and ammunition (bullets) stored separately.
- **Keep** poisonous substances (chemicals, medications, cosmetics) out of the reach of children and locked away.
- **Turn** your hot water temperature down.
- **Keep** small objects out of the reach of young children. Infants and toddlers love to put things into their mouths. Objects such as safety pins, coins, small toy parts, deflated rubber balloons, jewelry, and even foods like grapes, raisins, hot dogs, popcorn, and hard candies can choke a child.
- **Install** window guards on your home's windows.
- **Wear** protective gear when playing sports, roller blading, or skating.
Refer to the following materials for more information:

CARE CARDS:

- "Choking Infant"
- "Choking Child"

SAFETY-ALERT CARDS:

- "Toy Tips"
- "Smoke Detectors Save Lives"
- "Poison First Aid"
- "Use Your Head – Wear a Helmet"
- "Kids in Hot Water"
- "Child Passenger Safety Guidelines"

In case of an injury, call 911 or your local EMS (Emergency Medical Services) immediately.