

INJURY PREVENTION STARTS AT HOME



You gave your children the gift of life, give them the protection they need

**LOVE THEM.
PROTECT THEM.**

Many childhood injuries are predictable and preventable!

School readiness begins with health!



NATIONAL CENTER ON

Early Childhood Health and Wellness

You can protect yourself and your family by taking action to prevent injuries at home!

You Can Prevent Burns at Home

- Keep matches and lighters out of reach of children
- Install and maintain a smoke alarm (Remember to change the batteries)
- Cover electrical outlets
- Turn pan handles on the stove inward and use back burners when cooking
- Set the hot water heater to 120 degrees F or less (Ask a friend or your landlord if you need help)
- Test bath water temperature before putting your child in it

You Can Prevent Falls at Home

- Watch your child CONSTANTLY when they are in the bathroom
- Install window guards on upper windows
- Use stair gates at the top and bottom of stairs
- Always use the safety latch in your child's chair or strollers

You Can Prevent Poisonings at Home

- Keep all medicines and cleaning supplies in containers with safety caps and store them in a locked cabinet
- Buy and install a Carbon Monoxide (CO) detector in your home to save your child from CO Poisoning
- Act fast if you think your child has been poisoned! Call the Poison Control Centers 1-800-222-1222

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You Can Prevent Choking at Home

- Don't let children put small things in their mouths
- Toys, household items, and food can all be choking hazards
- Teach your child to chew his or her food fully before swallowing
- Choose the foods you feed your child carefully — for example: popcorn, hard candy, nuts, hot dogs, grapes and avoid fish with bones

You Can Prevent Drowning at Home

- Never leave your child unattended in a bathtub, bathroom, pool or even near a bucket
- Install lid locks on all toilets and keep the lid closed
- Never leave a child alone around water
- Empty buckets after each use

You Can Prevent Suffocation at Home

- Keep plastic shopping bags and trash bags away from your child
- Keep toy chests, car trunks, and washer/dryer doors closed when not in use
- Don't put pillows, blankets, bumpers, or toys in crib — these things can sometimes keep a baby from breathing
- Place babies to sleep on their backs

INJURY

The **#1** killer of children in the United States.

Fall

Falling is part of learning. Use safety gates and create fall-safe environments.

Fire/Burn

There are many places in the home where children can get burned. Keep children away from hot ovens and stoves.

Poisoning

Young children want to touch, taste and smell the things around them. Keep chemicals out of the reach of children.

Motor Vehicle

Always use child safety seats. They protect your child from injury.

Suffocation

Many things can cause a child to stop breathing. Learn about safe sleeping choking hazards.

Drowning

Young children love water. The best way to keep children safe is to watch them at all times.

**Remember:
Injury Prevention
Starts At Home!**



Resource: CDC Vital Signs

http://www.cdc.gov/VitalSigns/ChildInjury/infographic.html?s_cid=bb-vitalsigns-123

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