



**UCSF** Benioff Children's Hospitals  
Oakland | San Francisco

# Keeping Kids Safe From Injury

[ucsfbenioffchildrens.org/injury-prevention](https://ucsfbenioffchildrens.org/injury-prevention)

# Trauma Care

## About Trauma Care at UCSF Benioff Children's Hospital Oakland

The UCSF Benioff Children's Hospital Oakland campus is a Level 1 Pediatric Trauma Center verified by the American College of Surgeons (ACS) in the state of California. Our hospital is dedicated exclusively to caring for children. Staffed with board-certified pediatric emergency medicine specialists, the Trauma Care Center provides immediate, highly specialized pediatric emergency services, 24 hours a day, 7 days a week. As a high-volume center, the Pediatric Trauma Care Center is one of the most experienced in the Bay Area.

Research shows children have better outcomes when cared for at a pediatric trauma center. One of the priorities for our center is to support an injury prevention program. This program includes efforts to develop and maintain an organized, interdisciplinary, public health approach to injury prevention. The best form of treatment for traumatic injuries is prevention.



# Keeping Kids Safe From Injury

This childhood injury prevention information was compiled by the Trauma Care team at UCSF Benioff Children's Hospital Oakland. The information inside may make a difference in your child's life.

Did you know that up to 90 percent of unintentional injuries can be avoided? The prevention tips in this booklet can help keep your child safe and healthy. We hope you'll take the time to read the safety information in this booklet and share it with your friends and family.

The information in this booklet does not replace any of the recommendations set forth by your doctor, law enforcement or government entities and is not a comprehensive resource booklet.

Since 1994, the Cal-Nev-Ha Children's Fund has partnered with UCSF Benioff Children's Hospital Oakland Trauma Services Department to prevent unintentional pediatric injuries. This printed publication is made possible through this collaboration.

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# Car Seats



**Motor vehicle crashes are a leading cause of death among children. When properly used, a car seat is the best way to prevent injury or a fatality in a motor vehicle accident.**

## California car seat laws say children:

- **Under 2 years** must be properly secured in a rear-facing car seat unless the child weighs 40 pounds or more or is 40 inches tall or greater. Comply with your car seat's manufacturer specifications for properly securing your child.
- **2 years and older** should remain rear-facing until they have outgrown the rear-facing weight or height limits of their specific car seat. For most children that is 4 years of age.
- **Under 8 years** must be properly restrained in a secured car seat or booster in the back seat. Once they have outgrown the forward-facing seat height and weight limits, children should ride in a booster seat.
- **8 years of age OR at least 4'9" tall** may be secured in a booster seat, but at a minimum must be secured by a safety belt.
- **16 years and over** must follow the California Mandatory Seat Belt law.

## TIPS

- Never leave a child unattended in a car seat.
- The best car seat is one that best fits the child and one you can properly install in the vehicle.

## When should I use a car seat?

Always. No trip is too short. Most motor vehicle crashes happen within 25 miles of home. Use a car seat every time, on every trip, in any vehicle.

Make sure friends, relatives and childcare providers have a correctly installed car seat that they use every time a child is in a vehicle.



## Newborn to 3 years old

### Rear-facing

Infant / Convertible /  
3-in-1 / All-in-one

- Children under 2 years must remain rear-facing in an appropriate car seat until they have outgrown the weight or height limit for their seat.
- Rear-facing offers the most protection and decreases bodily injury more than forward-facing car seats.



## 1 to 7 years old

### Forward-facing

Convertible / 3-in-1 /  
Combination / All-in-one

- A 5-point harness with a tether can be used to the highest forward-facing weight or height limits allowed by the manufacturer.
- Moving a child to a booster seat too early reduces their level of protection.



## 4 to 12 years old

### Booster

3-in-1 / Combination /  
All-in-one / Booster

- Keep your child in a 5-point harness booster seat with a tether (if available) up to the height or weight limits of that seat.
- Children who have outgrown the height or weight limit of the forward-facing harness should ride in a booster seat in the back seat.
- All boosters require the child to be restrained by both a shoulder and lap belt system.



## 8-plus years old

### Seat Belt

Booster / Vehicle Seat Belt

- A child typically outgrows their booster seat by 4'9" (around 10-12 years old), and then can use the back seat seatbelt.
- Seatbelts must fit properly, with the lap belt lying across your child's upper thighs and the shoulder belt fitting across their chest.
- All children 12 years and under should be properly restrained in the back seat of the vehicle.

### When has my child outgrown their booster seat?

The seat belt test can be used to determine if your child is ready to use an adult seat belt:

- Does the child sit upright with hips all the way back against the back of the vehicle's seat?
- Do the child's knees bend comfortably at the edge of the vehicle's seat?
- Is the lap belt below the abdomen, on the top part of the thighs, and snug across the hips?

- Is the shoulder belt centered over the shoulder and across the chest?
- Can the child stay seated in this position for the entire trip?

If you answered "no" to any of these questions, your child needs a booster seat to ride safely in the vehicle.

# Children In and Around Vehicles



## Did you know?

**In the U.S., 50 children are backed over by vehicles every week, and at least two of these children are fatally injured. In most incidents, the driver of the vehicle is a member of the child's family. There are many simple ways that we can keep children safer in and around vehicles.**

## What can you do to protect your family?

- Do not allow your child to play in or around parked or moving vehicles.
- Walk around your vehicle before starting it to make sure a child is not behind it.
- Teach your child to never run up to a moving car and never walk behind a car.
- All vehicles can and should have rear-view visibility. If your car does not have a rear-view camera, check online or at an auto parts retailer for camera devices to help prevent backover injuries.

In an effort to reduce deaths and serious injuries caused by backovers, the Cameron Gulbransen Kids Transportation Safety Act requires rear-view technology in all new vehicles. However, persons driving older model cars that do not have the new technology should continue to vigilantly practice all the precautions advised.

## Projectiles

- In a crash, small objects can become big missiles or “projectiles,” making impacts of 20 to 30 times their weight. A 40-lb. object could impact the skull at a weight of 1,000 lbs. Even the smallest object could injure your child.
- For more information, please visit [kidsandcars.org](http://kidsandcars.org).

# Children in Hot Cars



## TIPS

- If you see a child alone in a vehicle without any supervision, call 911 immediately.
- Store an important item in the vehicle's seat back pocket so you never forget your child.

**Many children die every year from heat stroke (hyperthermia) from being left alone in a car.**

**Hyperthermia is a greatly increased body temperature.** When the temperature is 60°F outside, the temperature inside a car will rise to above 110°F in a short period of time; on warmer days the temperature inside the car can become deadly within 10 minutes. Children's temperatures increase much faster than those of adults. Leaving the windows slightly open does not keep the temperature down.

## Safety tips

- Never leave your child alone in the car.
- Always check the back seat before leaving your vehicle.
- Keep car keys away from children and never leave them within children's reach.
- Make sure children cannot get into a parked car.
- It is against the law to leave a child 6 years old or younger in a car without a child 12 years old or older to supervise them.

# The Safe Pedestrian



## Steps you can take to keep your child safe when walking:

- Teach your child to watch and listen to adult crossing guards and school safety patrols.
- Tell your child that traffic signs and signals are safety helpers for their protection.
- Remember that children can be easily distracted, they may have issues with directions, and they cannot judge a vehicle's speed or distance well.
- Always hold your child's hand in a parking lot.
- Make sure a responsible adult supervises your child when they are playing outside. Children should play in a yard, a playground or a park. They should never play on the street or in a driveway.

## Educate your child to:

- Stop, look and listen for moving cars in all directions before starting to cross the street, even when in a crosswalk.
- Cross at the corner, especially if there is a traffic signal or crossing guard.
- Always pay attention—explain to your child that drivers do not always see pedestrians. Take caution for vehicles that are turning the corner. Make eye contact with drivers before crossing the street, even when using a crosswalk. Drivers are often distracted and may not notice pedestrians.

# Helmet Safety



## TIP

To prevent head injuries, a helmet must be worn correctly with the straps snug and buckled.

## Did you know?

- Wearing a helmet can reduce the risk of head injury in a bike crash by as much as 85 percent.
- Only 50 percent of all cyclists wear helmets regularly.
- Universal use of helmets could prevent one death every day and one brain injury every four minutes.
- California law requires everyone under the age of 18 to wear helmets during all wheeled activities—which includes riding bikes, scooters, skateboards, in-line skates and hover boards.

## Be safe: Always wear a helmet!

### Helmet checklist:

- Buy a helmet that meets the safety standards of the Consumer Product Safety Commission (CPSC) or the Snell Memorial Foundation.
- Place the helmet directly down over the child's forehead.
- Tighten the chinstrap to keep the helmet from slipping forward or backward. Only one finger should fit inside the chinstrap.
- Please visit [safekids.org](https://www.visitsafekids.org) for more information.

# Concussions



## TIPS

- Keeping safe means always wearing a helmet for contact sports and for all wheeled activities, including but not limited to: horseback riding, skiing, snowboarding, skate boarding, hover boarding, skating and scooter-riding.
- Helmets can help prevent concussions when worn correctly.

## What is a concussion?

A concussion is a type of brain injury caused by a hit to the head or body, making the brain move rapidly back and forth in the skull. Some symptoms of a concussion can be:

- Loss of consciousness
- Forgetfulness or confusion
- Lack of coordination or dizziness
- Changes in mood, behavior or personality
- Headache or “pressure” in head
- Nausea or vomiting
- Double or blurry vision
- Just not feeling right

## Concussions are serious!

- Signs and symptoms generally show up soon after the injury.
- However, you may not know how serious the injury is at first and some symptoms may not show up for hours or days.
- A child or teen with a concussion must be seen by a medical provider. Children and teens who continue to play while having concussion symptoms, or who return to play too soon while the brain is still healing, have a greater chance of getting another concussion.
- A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.

Talk with your children and teens about concussions. Tell them to report their concussion symptoms to you and their coach right away.

Go to [cdc.gov/headsup](https://www.cdc.gov/headsup) for more information about concussions.

# E-bikes, Scooters and Other Wheeled Devices



## TIP

Use the bike lane when available to allow for families to walk on the sidewalk.

Electric bicycle crashes can cause serious head, spinal and internal injuries and pose a risk of collisions with pedestrians. Use the bike lane when available to allow for pedestrians to safely use the sidewalk.

## Electric bikes (e-bikes)

- All children under 17 years of age riding a class 1 or 2 e-bike that reaches speeds of 20 mph are required to use a helmet.
- Children under 16 years of age may NOT ride a class 3 e-bike that travels more than 28 mph. It is unsafe.

## Scooters

Scooters can be fun, but they can also be dangerous.

Here are some things to keep in mind:

- The rider's weight is positioned forward, near the scooter's front wheel, increasing the risk of tumbling over headfirst.
- Stopping a scooter may require putting one foot on the ground—causing a loss of balance.

- The wheelbase is narrow, increasing instability when a wheel hits a small crack in the pavement or a rock.

## Other wheeled devices

- Be aware that motorized scooters, mopeds and skate/hover boards are considered vehicles and the California Vehicle Code applies. Riders must be 16 years of age or older.
- For more information, please visit: [dmv.ca.gov](http://dmv.ca.gov)

**Remember, it is California law that you wear a helmet for all wheeled activities!**

**E-bike laws prohibit children under 16 years of age from riding an e-bike traveling more than 28 mph.**



### Did you know?

- 4.6 million children live in homes in which at least one firearm is stored loaded and unlocked.
- Of families with guns, more than 75 percent of first and second graders know where their parents keep their guns. Thirty-six percent said that they handled the guns, even though parents said they did not.
- Every day 8 children and teens are shot unintentionally by family fire.
- In a recent year, 4,357 children and teens died from guns: that is equivalent to 220 classrooms of 26 children.

### What can you do to protect your children?

- If there is a gun in your home, store it unloaded, in a locked place, and keep the bullets in a separate locked place.
- Before allowing your child to play at someone else's home, make sure there is a responsible adult present, and don't be afraid to ask, "Do you have a gun in your house?"
- **The safest home is a home without a gun.**

### Guns and suicide

- Every day two children and teens either die from suicide or survive a suicide attempt.
- The risk of suicide triples if there is a gun in the home.
- A gun in the home doubles the risk of homicide.
- **Every two hours and 34 minutes in the United States, someone's child or teen is killed with a loaded gun.**

### Gun violence prevention

- Gun violence is a critical and preventable public health problem. Firearm-related injuries have surpassed motor vehicle crashes to become the leading cause of death among 1- to 19-year-olds in the U.S. Become active in your community to find solutions to end gun violence.
- **Together we can prevent gun violence in our homes and in our communities!**

### Other resources:

[bradyunited.org](http://bradyunited.org)  
[momsdemandaction.org](http://momsdemandaction.org)  
[sandyhookpromise.org](http://sandyhookpromise.org)  
[everytown.org](http://everytown.org)



# Fires and Fireworks



## TIPS

- Use cool water, NOT ice, to cool burns.
- Never use butter or petroleum jelly—they can cause infection.

**House fires are commonly caused by the careless use of cigarettes.**

### What can you do to help protect your family?

- Purchase 10-year, battery-operated smoke detectors.
- Install smoke detectors on each level of the home and outside each bedroom.
- If you do not have long-lasting batteries for smoke detectors, make it a practice to change the batteries in your smoke detectors every spring and fall, when you change your clocks.
- Plan and practice two escape routes from every room in your home.
- Teach children: “Don’t hide; go outside!” and “Never go back in the house!”
- Never smoke in the house.

**There has been an upward trend in fireworks injuries over the last 15 years.**

### Fireworks safety tips

- Fireworks are illegal in most areas and are unsafe.
- Never allow children to play with or ignite fireworks. Even a sparkler burns at approximately 2,000 degrees Fahrenheit, which is hot enough to cause third-degree burns.
- Keep a bucket of water or a garden hose handy, in case of fire or mishap.
- Never try to re-light or pick up fireworks that have not ignited fully. Soak them with water and throw them away.
- Never use fireworks while impaired by alcohol or drugs.
- Never place any part of your body directly over a fireworks device. Move to a safe distance.
- Consider attending public fireworks displays and leave the lighting to the professionals.



Heating and cooking equipment are the number-one cause of home burn injuries in the United States.

## What can you do to help prevent burns?

- Keep hot food and drinks away from the edges of counters and tables.
  - Don't set hot plates on a tablecloth; children can pull them off.
  - Don't hold your child while drinking hot coffee or tea.
  - Keep children away from the stove.
  - Turn pan and pot handles inward.
  - Cook on the rear burners when possible.
  - Don't allow children to use the microwave without supervision.
  - Some plastics, paper and foil may catch on fire.
- Children may not realize how hot the bottom of a container is after it is microwaved.
  - Steam burns to the face and hands or scalding may occur if microwave containers are opened too quickly. Heated soup containers may spill onto the hands, scalding the child.
  - Burns to the mouth can occur due to unevenly heated food and from food that gets hot quickly, such as peanut butter.
  - Make sure your water heater is set no higher than 120°F. Children can get scalded when they turn on the faucet: If the water is 140°F, they will have a scalding burn in less than five seconds.

## TIPS

- Taste food to gauge temperature before giving it to your child.
- Be careful when opening hot items as they may cause steam burns to face and hands.

# Choking

**For your child's safety, always follow these precautions:**

**Do not feed a child younger than 4 years old any of these foods:**

- Cheese cubes
- Cherries
- Goldfish crackers
- Grapes
- Gummy bears
- Hard candy
- Hot dogs and other sausages
- Nuts (including peanuts, walnuts, cashews and hazelnuts)
- Popcorn
- Raw peas
- Raw carrots
- Raw celery
- Sunflower or pumpkin seeds
- Watermelon with seeds

**Keep these objects out of your young child's reach:**

- Button batteries (There are many known complications from ingestion that can lead to major injury or death.)
- Bottle caps and buttons
- Crayons
- Magnets or small pieces of toys containing magnets (When two or more magnets are swallowed, they can attract one another internally, resulting in serious injuries, including intestinal blockage.)
- Pencils, erasers
- Toys purchased from vending machines (These may contain lead.)
- String



**Here are some more guidelines to keep your child safe:**

- Do not allow children to run and play with hard candy (especially lollipops or suckers) in their mouths.
- Do not allow children to eat in the car.
- Never give a latex balloon to a child younger than 8 years old. They may bite it and then choke on the pieces.
- Clean the floor carefully. Food that has been dropped or loose parts from an older child's game, for example, are tempting—but dangerous—for a young child.

## TIPS

- Young children like to explore. Keep in mind that small objects—including food, coins, small batteries and toys—can become lodged in a child's throat and block breathing.
- Any food smaller than the child's pinkie finger should be okay to ingest. Children's throats are not as big as we imagine.

# Drowning Prevention



## TIPS

- All caregivers who have a pool should learn CPR.
- Enroll your child in swimming lessons by 4 years of age, or earlier if they are developmentally ready. Swimming lessons may be a benefit for some children 1 to 4 years of age.

## Be on guard!

Make sure children playing in the water are always actively supervised by an adult who is not distracted by other activities such as reading, playing cards, using a cell phone or drinking alcohol.

## Did you know?

- Drowning is one of the leading causes of injury or death for children 1 to 4 years of age and the second-leading cause of death for children ages 1 to 14.
- Boys are more apt to drown than girls, especially in adolescence.
- Alcohol use is a contributing factor in up to 50 percent of drowning of teenage boys.
- Many drowning survivors suffer severe, permanent brain damage and loss of basic functioning.

(Source: CDC)

## In natural bodies of water:

- Strong currents can carry even expert swimmers far from the shore. If caught in a current, the swimmer must swim parallel to the shoreline until out of the current, then swim toward the shore.
- When in a boat, make sure children wear U.S. Coast Guard–approved life jackets.
- Weather and water conditions can change from hour to hour.
- Always have your child swim with a buddy.
- Do not depend on air-filled swimming aids, such as water wings, in place of life jackets.

## In pools, wading pools and tubs:

- **Most drownings happen in home swimming pools among children 1 to 4 years of age.**
  - These children were last seen in the home, had been missing for less than five minutes, and were in the care of one or both parents at the time of the drowning.
- **Children should not have direct access to a pool.**
  - If you have a private pool, use a four-sided isolation fence to separate the pool from the house and the outdoor play area.
  - Four-sided isolation fencing decreases the chance of drowning in in-ground pools by 60 percent.
  - The fence should be at least five feet tall. It should have a self-closing and self-latching gate. Never prop the gate open or leave toys in or around the pool.
  - Use an ASTM-approved power pool cover (see CPSC model at [cpsc.gov](http://cpsc.gov)). Add a talking, wireless voice alarm that alerts you inside the house for another layer of protection. There are advanced sensor and alarm technologies, such as in-ground and above-ground pool immersion alarms, that are available as well.
- **Some children drown in the bathtub.** Bathtub rings are not a safety device. The suction cups often fail to hold. Do not depend on them for your child's safety. For infants under 1 year of age, two thirds of drownings occur in bathtubs.
- **Children can drown in just one inch of water within a few seconds.** Drowning is quick and silent!

- Empty buckets when household chores are done.
- Empty and turn over wading pools when not in use.

## Active supervision:

- Active supervision means watching your child in a way that allows you to prevent injuries from happening.
- Active supervision is especially important when there is high risk around water.
- It is impossible to actively supervise your child 24 hours a day, but you must use active supervision any time injury risk is high.
- Supervision by other children can never substitute for adult supervision!
- There are three parts to active supervision of young children: Attention, Continuity and Closeness.
  - **Attention** means focusing on your child and nothing else. Anything that takes your attention away increases your child's injury risk. Common distractions are talking on your cell phone or texting.
  - **Continuity** means constantly watching your child. For example, do not leave your child by the pool to go inside and get a towel.
  - **Closeness** means staying close enough to actually touch your child. If you are out of arm's reach of your child, your ability to prevent injury decreases significantly.

# Fall Prevention



## Falls are the leading cause of emergency room visits for nonfatal injuries.

- Children fall from windows, down stairs, off furniture, from bikes, while skating and off outdoor play equipment.
- Each year, more than 200,000 children are injured on U.S. playgrounds; a child is injured every two and a half minutes.
- Most playground injuries relate to age appropriateness and involve children younger than 5 years playing on equipment designed for children who are 5 or older.

## What can you do?

- A responsible adult should always supervise young children.
- Don't use a baby walker. Baby walkers tip over easily and allow children to get to dangerous places. A child in a baby walker can fall down stairs.
- Make sure playground equipment looks safe; there should not be any broken parts or jagged edges. Playground equipment should have protective surfacing under and around it.
- Look for age-appropriate equipment and separate play areas for different age groups—often ages 2 to 5 and 5 to 12. Children's size and physical abilities vary with age. Most children ages 2 to 5 are smaller, weaker and less coordinated than 5- to 12-year-olds. They also have a higher center of gravity. Young children need smaller steps and crawl spaces. Their hands require smaller grips, and their bodies require appropriately spaced railings on platforms.

## Prevent window falls!

- Move furniture that children can climb on away from windows.
- Do not open windows more than four inches. Children can fit through windows open as little as five inches.
- Install window fall protection in all rooms above ground level with super stoppers or window guards.
- Screens will not protect your child from falling!
- When possible, open windows from the top, not the bottom.
- Actively supervise your child when around windows.

# A Safe Sleep Environment



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## TIP

Breastfeeding, immunizations and a safe sleep environment can reduce your baby's risk of Sudden Infant Death Syndrome (SIDS).

About 3,500 babies die each year in the U.S. from unsafe sleep environments.

## Sudden Unexpected Infant Death (SUID)

- Sudden Unexpected Infant Death (SUID) is a term used for all sleep-related infant deaths. SUID includes *explained and unexplained* causes. One type of SUID is Sudden Infant Death Syndrome (SIDS). SIDS is the sudden and unexplained death of an infant under 1 year of age when no other cause of death can be found.
- Many SUIDs are determined or explained as suffocation, asphyxiation or strangulation. This can happen when an infant's airway is blocked by soft bedding or pillows, or when a parent rolls onto their infant or when an infant is trapped between a mattress and a

wall. Infants can become strangled when their head gets stuck in between the slats of a crib. These causes of death are from an unsafe sleep environment and *can all be prevented*.

## When preparing your baby for sleep:

- **Always place your baby on their back.**
- Never have your infant share a bed with another child or adult. They can easily roll onto the baby.
- Keep soft objects and toys, crib bumpers and loose bedding out of baby's sleep area.
- Have your baby sleep on a **firm** sleep surface. Avoid pillows, couches, waterbeds, beanbags,



### TIP

Daily “tummy time” when your baby is awake and supervised can help prevent flat spots on the back of the head, promote motor development and strengthen upper body muscles.

air/memory foam/pillow-top mattresses and other soft surfaces.

- Don't use your baby's car seat, stroller swing or infant sling as a place for them to sleep at home. **Even if your child falls asleep in one of those places, relocate your baby into their safe sleep environment.**
- Caring for an infant can be tiring! If you feel tired or sleepy during feeds, return your baby to their separate sleep surface as soon as possible.
- Avoid smoking, drinking alcohol and using marijuana or illegal drugs during pregnancy and after the baby is born.
- Your baby should sleep in your room on a separate sleep surface designed for infants (ideally a crib or bassinet meeting federal and state safety standards) until 1 year old or at the very least 6 months. This can decrease the risk of SUID by up to 50 percent.
- Offer your baby a pacifier when you place them on their back to sleep. Studies have shown there is less risk

for SUIDs if a pacifier is used even if it falls out of the infant's mouth. A pacifier should not be hung around your baby's neck due to the risk of strangulation. A pacifier that attaches to your baby's clothing should not be used when your baby is sleeping.

- If choosing to swaddle, always place your baby on their back. Stop swaddling once your baby shows signs of starting to roll over. There is a high risk of death if a swaddled infant is placed on or rolls onto their stomach. Swaddling has not been shown to reduce the risk of SUID.

**For more information on up-to-date safe-sleep recommendations, please visit the American Academy of Pediatrics and the Safe to Sleep National Institutes of Health websites.**



## TIP

If you suspect your child has been exposed to a poisonous substance, do not give them ipecac syrup or activated charcoal at home.

## How to help prevent poisoning

### Medicines

- Use child-resistant caps only.
- Keep medicine in a locked cabinet.
- Return medicine to the cabinet immediately after use.
- Measure every dose only with the measuring device that comes with the product.
- Keep a journal of the time a dose is given and the amount.
- Know all products that contain acetaminophen to prevent an accidental overdose when using more than one medicine (for example, when using both a cough and a fever medicine).
- **Never tell a child that medicine is candy.**
- **Never take medicine in front of a child.**
- **Keep all purses out of a child's reach.**
- Do not give your child Balguti Kesaria or Kesaria Balguti, an Ayurvedic herbal treatment for cough and cold, rickets, worms and teething in infants and youths.

### Household products

- Use products with child-resistant caps.
- Keep household products in locked cabinets.
- Return household products to the cabinet immediately after use.
- Store household products and food in separate areas.
- Never put household products into food or beverage containers.
- Keep liquid-concentrated detergent pods (packets) out of reach of children. They may bite into them and choke, have trouble breathing and get burns in their throat. They can also get serious burns to the skin and eyes from the detergent on their hands.
- Keep e-cigarettes away from small children. The small amount of liquid nicotine may be fatal if swallowed and poisonous if splashed on the skin.

## Plants

- Know the names of all your plants and which ones, if any, are poisonous.
- Keep all plants out of the reach of small children.
- Teach children not to put any part of a plant into their mouths.

## Marijuana

- If there is marijuana in the household, keep it locked up and out of reach of children and pets.
- The active chemical in the marijuana plant is tetrahydrocannabinol, or THC for short. The long-term effect on children of inhaling or ingesting it is not yet known, but it is known that it is harmful.
- Most children get sick from swallowing marijuana in cookies, brownies, soft drinks or candy that belong to their parents, grandparents, babysitters or friends of the family. Edible products have high amounts of marijuana and children may have severe symptoms requiring hospitalization.
- There is an increase in reported marijuana poisoning in children in states that have legalized marijuana.

## Lead

Lead paint is still present in millions of homes, sometimes under layers of newer paint.

- Check windowsills, walls and blinds for peeling or chipped paint. If paint contains lead, breathing in dust from paint chips or eating paint can put dangerous amounts of lead into a child's body.
- Lead pipes and lead solder were commonly used until 1986. Lead enters drinking water when pipes corrode. Significant amounts can enter water, especially hot water, from faucets or fixtures that contain lead solder.
- Lead is also found in some painted toys and from other sources, such as soil. Some folk remedies that contain lead, such as "greta" and "azarcon," are used to treat an upset stomach. Also, be aware that some folk remedies may contain lead and other harmful chemicals. If in doubt, please call the poison control line for advice.
- Let your health care provider know if you feel your child may have been exposed to lead from any source.

## TIP

**If you suspect poisoning, call the National Poison Control Center at 1-800-222-1222.**

Pharmacists, physicians, nurses and poison information providers are available to answer any questions you may have seven days a week, 365 days a year – and their expert advice is free. Language interpreters are always available.



# Preventing Dog Bites



## Prevent dog bites by teaching your child to:

- Never approach a dog they don't know.
- Not disturb a dog that's sleeping, eating, playing with a toy or caring for her puppies.

## What to do if you see warning signs that a dog may bite

- Do not run. Running may trigger the dog's chase instinct.
- Remain motionless. Stand still with fists up under your chin.
- Say "No!" or "Go home!" in a firm voice.
- Don't stare into the dog's eyes. If you are on the ground or knocked down, lie still with fists over your ears, elbows over your face and knees drawn to your chest.
- In case of an attack, put something (perhaps a purse, a backpack or a jacket) between you and the dog.

## Warning signs that a dog may bite

- Snarling and growling
- Showing teeth
- Tail up
- Ears laid back
- Stiff legs

Some of the warning signs above may be applicable to other animals.

# Additional Resources

## Find Car Seat Inspection Stations in Your Area for an Assessment by Certified Technicians

- Call (866) 732-8243 (or visit [seatcheck.org](http://seatcheck.org)) to find car seat inspection stations in your area
- [nhtsa.gov](http://nhtsa.gov)
- [safekids.org](http://safekids.org)
- [aaa.com/carseat](http://aaa.com/carseat)

## Gun Violence Prevention

- [bradyunited.org](http://bradyunited.org)
- [momsdemandaction.org](http://momsdemandaction.org)
- [sandyhookpromise.org](http://sandyhookpromise.org)
- [everytown.org](http://everytown.org)

## Consumer Product and Safety Commission (Safety Tips & Product Recalls)

- [cpsc.gov](http://cpsc.gov)

## Poison Control

- If you are experiencing an emergency involving poison and your child, call (800) 222-1222 (Poison Control of the National Capital Poison Center)
- [poison.org](http://poison.org)

## SafetyBelt USA

- [carseat.org](http://carseat.org)

## California Highway Patrol

- [chp.ca.gov](http://chp.ca.gov)

## CDC Heads Up (Concussion Resources)

- [cdc.gov/headsup](http://cdc.gov/headsup)