

7 SUPER SAFETY TIPS

BICYCLE SAFETY: Kids should always wear helmets when riding bikes, skates, and skateboards. Helmets reduce the risk of head injury. Over 100, 000 children have been seriously hurt because they did not wear helmets.

SEAT BELTS: Buckle up, it's the Law! It is very important to buckle your children up every time they are traveling in a motor vehicle. Even on short trips properly restrain your kids in a car seat, and/or seat belt. Most accidents happen close to the home.

ALWAYS WASH HANDS: Wash you & your kids hands often. The best and easiest way to keep from getting sick is to wash your hands. When you wash your hands after sneezing, coughing, and using the restroom, you wash away germs that can make you and others very sick. It is important to wash your hands before and after preparing or handling food. Wash your hands for at least 10-15 seconds with soap & water.

SMOKE ALARMS: Smoke alarms save lives. Put smoke alarms on every floor of your home, even in the basement. Place the alarms near rooms where you & your family sleep. Always test your alarms monthly to make sure they are working, properly.

PEDESTRIAN SAFETY: You make the rules about when and where you child can cross the street. Take time to teach your kids about street safety. Be sure to teach them about crossing the street at the corners. Also, teach children about the meaning of the colors on the traffic lights, and how to obey them.

PREVENT POISONING: Keep cleaning products, personal products, and medicine away from kids. Keep them out of the reach of children. Never give your kids prescription medication, unless it has been prescribed to them. It is not a good idea to share medication this is how accidental overdosing or poisoning happens. Always keep the Poison Control Hotline, 1-800-222-1222, near or on the telephone. However, in the case of an emergency CALL 911!

STRANGER DANGER: It is important that you talk to your kids about not talking to strangers for their own safety. Children are so trusting and don't know there are mean people in the world. Please give them rules about talking to strangers, leaving with strangers, and taking candy from strangers.