

# Safe Kids Indiana

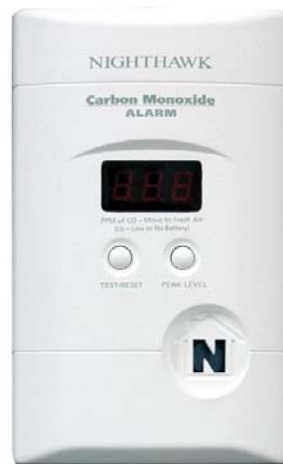
WINTER 2013

## MARK YOUR CALENDARS:

Indiana Injury Prevention Conference  
April 7-8, 2014

Fire Prevention Week  
October 6 - 12, 2014

## Did You Know?



## Carbon Monoxide Safety

Carbon monoxide (CO) is a colorless and odorless gas that is created when you burn fuels like gasoline, oil or kerosene.

The symptoms of CO poisoning are: headaches, dizziness, weakness, nausea, vomiting, chest pain, and confusion. High levels of CO inhalation can cause loss of consciousness and even death.

Each year, 184 children in the United States die due to carbon monoxide poisoning and more than 20,000

children visit the emergency room.

During the winter, the danger of carbon monoxide is increased because fuel-powered devices are used more frequently.

### Top Tips

- Install a carbon monoxide alarm on every level of your home, especially near sleeping areas, and keep them at least 15 feet away from fuel-burning appliances.
  - Don't use a grill, generator or camping stove inside your home, garage or near a window.
  - On the outside of your home, make sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris.
  - If you need to warm a vehicle, remove it from the garage immediately after starting it. Don't leave a car, SUV or motorcycle engine running inside a garage.
  - If using gasoline-powered devices, store gasoline in a locked location where children cannot access it. Keep only small quantities in an approved container that has child safety features.
- 1.) <http://www.safekids.org/tip/carbon-monoxide-safety-tips>
  - 2.) <http://www.cdc.gov/co/faqs.htm>

**SAFE**  
**KIDS**  
INDIANA

## Safe Kids

### Indiana

### Preventing

### Injuries:

### At Home,

### At Play,

### And On The

### Way!



## Medication Safety

Medicines are the leading cause of child poisoning in the U.S. As they explore their environment, children cannot always tell what is harmful or not and will often put things in their mouths. Because of that, children under five are at greatest risk for unintentional medication poisonings.

In 2011, more than 67,000 children were treated in an emergency room for medicine poisoning.

Every year 500,000 parents and caregivers call a poison control center because their

child got into a medication or were given the wrong dose.

Here are things you can do to keep your children safe from medication poisoning:

- Make sure that all medicines, including vitamins and adult medications, are stored out of reach and out of sight of children. In 86% of emergency room visits for medicine poisoning, the child got into medicine belonging to an adult.
- Be aware of any medicines that you store in your backpack or purse. In 67% of medicine poisoning cases, the medication was within reach of a child, such as in a purse, left on a counter or dresser or found on the ground.
- When you have guests in your home, offer to put their purses, bags and coats out of reach of children to protect their property from a curious child. In 43% of cases, the medicine a child got into belonged to a relative, such as an aunt, uncle or grandparent.
- Put the toll-free number for the Poison Control Center (1-800-222-1222) into your home and cell phone. You should also post it near your phone or on your refrigerator for the babysitter.
- Keep all medicines in their original packages and containers.
- Buy medicines that come in child-resistant packages when you can.
- Remember that child-resistant does not mean child-proof, and some children will still be able to get into medicine.
- Use the dosing device that comes with the medicine. Proper dosing is important, particularly for young children. Kitchen spoons aren't all the same, and a teaspoon and tablespoon used for cooking won't measure the same amount as the dosing device.
- Talk to your kids about medication safety. Even if their medicine tastes good, don't compare it to candy to encourage kids to take it.

Here are additional medicine safety resources:

- 1.) <http://www.safekids.org/medication-safety-0>
- 2.) <http://indianapoison.org/>

For questions about Safe Kids Coalitions and Chapters, please contact J.J. Current at 317-274-6712 or [jcurrent@iu.edu](mailto:jcurrent@iu.edu)