



# October/November/December 2011 Injury Prevention Quarterly Newsletter

Pathways to Injury Prevention  
Safety Newsletter by:  
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## Safety Tips



Kids love Halloween! They get to dress up and get free candy! What a perfect holiday! Give your kids some precious Halloween memories that they'll have for life.

Here's some tips that we have just for you kids, to help keep you safe on Halloween night!

- Be careful when you cross a street. Make sure to look in both directions and make sure that there are no cars coming. If you have a little brother or sister with you, take their hand and help them get across the street, too. If the street has a stop light, wait until the cross walk light tells you that it's okay to cross now, but still check before you cross, look both ways.
- If you are an older kid or young teen, and going out with friends, make sure that your parents know where you are going and who you are going with. This may seem like a pain but they are your parents and they love you. They just want you to be safe.
- If you can drive and are taking a bunch of friends to a party, make sure that you have enough gas to get there. You don't want to run out on a dark street, all alone, like a bad horror movie!
- If your parents give you a curfew, be home when they say. It builds trust between you and them and they are doing it for your own safety. If you are going to be late, call them and let them know.
- Vandalism is never cool! Throwing eggs at cars and houses is not cool. Someone has to clean it up and it could be you, if you get caught. You can also be arrested and punished as a juvenile. So, don't think that it's fun only if you can get away with it. It's never the right thing to do!

## New Law Passed SB 929 !!

Existing law requires a child or ward under 6 years of age who weighs less than 60 pounds to be secured in a rear seat in a child passenger restraint system that meets specified federal standards, but permits such a child or ward to ride in the front seat of a motor vehicle if properly secured in a child passenger restraint system that meets specified federal standards, under specified circumstances, including, among other things, if all rear seats are already occupied by children under 12 years of age.

This bill would instead prohibit a parent, legal guardian, or driver from transporting on a highway in a motor vehicle, as defined, a child or ward who is under 8 years of age without securing that child in an appropriate child passenger restraint system meeting applicable federal motor vehicle safety standards, except as provided. The bill would impose specified fines and penalties for violations of those requirements, as prescribed.

[http://www.leginfo.ca.gov/pub/11-12/bill/sen/sb\\_0901-0950/sb\\_929\\_bill\\_20111004\\_chaptered.pdf](http://www.leginfo.ca.gov/pub/11-12/bill/sen/sb_0901-0950/sb_929_bill_20111004_chaptered.pdf)



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## The Flu: Staying Healthy

Staying healthy this flu season should be a goal of all families. The flu is caused by a virus and the infection can range from mild to severe. Signs and symptoms to watch for are:

- Chills and shaking
- Fever and Headache
- Aching muscles and joints
- Loss of appetite and Weakness
- Sore throat and runny nose



Things you can do to help prevent contracting the flu

- Practice good hygiene
- Eat healthy foods and exercise
- Have a family plan in case of emergency
- Avoid close contact with known flu carriers
- Talk to your doctor or nurse for more information

## Smoke Detectors Save Lives, Check your Batteries This Winter!



## Keeping the Holiday Feast Safe

As tempting as it may seem, you should not attempt to thaw your turkey by leaving it out overnight in a room-temperature environment (either on the kitchen counter, or inside a brown bag or a picnic cooler). A room-temperature-thawed bird is susceptible to contamination by bacteria, unless you want your guest to be sitting in the emergency room after the feast.

Read more: How to Defrost a Turkey | eHow.com [http://www.ehow.com/how\\_6592\\_defrost-turkey.html#ixzz1a84No7iy](http://www.ehow.com/how_6592_defrost-turkey.html#ixzz1a84No7iy)

## Handwashing is Key

Hand washing is still the best and most effective way to prevent the spread of disease. Keeping antibacterial lotion around this winter will help keep germs spreading at a minimum when you are not around a sink and running water.

**It's that time of year the weather is starting to change, so slow down and always remember to Buckle Up!**



## Holidays are just around the corner so be very careful when choosing a gift for a child!

- Is the toy age-appropriate?
- Are there any small, loose parts that your child can swallow?
- Could any part of the toy be bitten off and swallowed?
- Does the toy have a string, ribbon, straps or cord longer than 7 inches?
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- Could any part cut small hands or fingers?
- Does the toy include magnets?
- Could the toy be a fire hazard?
- If you're considering a ride-on, is it sturdy and stable?
- Does the toy include any throwing or shooting projectiles?
- Could the toy contain questionable chemicals?
- Has the product been recalled?

