

# Summer 2011

July- Sept

*Pathways to Injury Prevention 4400 Auburn Blvd 2nd Floor*

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## Why is Summer Known as "Trauma Season" ?

*This publication is dedicated to increasing awareness about unintentional injuries to the American Indian/Alaskan Native population in California. Unintentional injuries include motor vehicle crashes, drowning, falls, poisoning, suffocation, etc. Did you know that nearly half (42 percent) of all unintentional injury related deaths occur during the summer months*

*alone? This may be attributed to the number of children out of school during the summer months, and in California the warm, long days draw many people to drive to the nearest body of water. It is no wonder then that in July drowning and motor vehicle crashes reach their peak. Young children ages 5-9 are at high risk because they lack the*

*skills to make clear judgments necessary to bike, walk, swim and play safely without adult supervision. However, older children experience the greatest increase in unintentional injury-related death during the summer months. This is primarily because children ages 10-14 tend to engage in more risky behavior and are presumably given more freedom from their*

## Protect Your Children This Summer - Prevent Heat Stroke

*Did you know that the temperature inside a parked car will increase nearly 30° in only 20*



*minutes? This Did you know that the temperature inside a parked car will increase nearly 30° in only 20 minutes?*

*This summer keep kids safe by increasing awareness about heat stroke. Already this summer 11 deaths of infants have occurred after being left inside a hot vehicle unintentionally. What most people don't know is that*

*dangerously high temperatures can be reached inside the vehicle even on days when it is 70°-80° outside. Follow these tips to prevent heat stroke in the car: "Look before you lock" - never lock the car until all passengers are out of the vehicle Teach children never to play in, around or behind a vehicle If you see a child alone in a vehicle get involved, call 911.*

*In California, the Click-it-or-Ticket campaign has reached many people (and their pocket books) throughout the state. With little enforcement in rural areas it makes sense that belt usage is lower, but perhaps it is because the message is not clear. People shouldn't buckle up for fear of getting a ticket, they should buckle up because it is easy to do.*



**Mariella T. Hillis, Miwuk**  
Received a convertible safety seat at the Mariposa Indian Health by the CRIHB Injury Prevention Team

*California residents must have carbon monoxide detectors in their homes as of July 1, 2011. This timeline applies only to single-family homes that have appliances that burn fossil fuels or homes that have attached garages or fireplaces. For all other types of housing, such as apartments and hotels, detectors should be in place as of January 1, 2013.*



## Benefits of Sunblock for American Indians

*While it's true that American Indians with darker complexions have more protection from ultraviolet B rays because of melanin, they can still get sunburn to some degree from*



*ultraviolet A rays that cause wrinkling and other damage to the skin. Even sunblock with low SPF ratings can help prevent damage from ultraviolet A so slap on the sunscreen!*

*Don't have time or money to buy sun screen? Don't sweat it, just use your common sense:*

- *Seek shade and don't stay in the direct light too long. Fair skinned people can start*

*turning pink in as little as 10 minutes.*

- *Wear a hat and sunglasses*
- *Cover up exposed skin with light clothing*
- *Light reflections cause burning too. Reflection of the sun's rays off of bodies of water, fog and snow will also cause burning*

*Use these tips and enjoy your fun in the sun year-round!*

## Injury Prevention Resources on The New CRIHB Web Page!

*We have a new webpage and new ways to share resources with American Indian communities throughout California. Check us out at [www.crihb.org](http://www.crihb.org)! The homepage displays the latest news regarding American Indian health care in California. You will also see a section for videos where you will find a powerful drinking and driving Public Service Announcement featuring*

*Native American actors and targeting tribal communities. Another feature is the "Share Your Story" link which allows American Indians from all over California to share their health story. If you or someone you know has had their lives changed because of a serious injury share your story with us! Tribal health clinic staff may also be interested in the*

*downloadable resources we have posted to our Injury Prevention section of the webpage so check them out!*



## What's The Rule On Booster Seats in California?

*Between the ages of 5-9 years old, more American Indian children suffer severe injury or death from motor vehicle crashes than any other cause. This is due to the fact that children in this age range are more likely NOT to be properly restrained. In California a child must be 6 year old or 60 pounds before they can legally be out of the booster seat. Since all children develop differently this guideline can often be confusing for both the parents and law enforcement, so what is the safest thing to do? Keep in mind that vehicle seat belts are designed for adults 4'9" or taller. If your child cannot sit with their back flat against the seat, cannot bend their legs easily over the seat, and the seat belt cuts into their neck or rides over their belly, you need a booster seat!*



*Nicole Long, Miwuk/Chukchansi received Booster Seat at Mariposa Indian Health by CRIHB Injury Prevention Team Julie and Shanti*

