

# YOUTH Health Bulletin

## June 2008

# A Safe Home







June is **National Home Safety Month**. Celebrate this month by working with your parents to make your home safer from **poisons, fires, and falls**.

### POISONS

A poison is something that if not used as it is supposed to be can make you very sick or kill you. You can come in contact with poisons through eating, touching, smelling, or getting them in your eyes, or using substances in ways they are not meant to be used. Poisons come in many forms: solids (medicine, soap, and plants), liquids (perfume, floor cleaners, and laundry detergent), sprays (window cleaners and perfumes), and gases (natural gas, car exhaust, bug spray, and cooking spray).









The best way to avoid getting harmed by poisons is to become aware of what poisons are and how to safeguard your home. Follow these tips to stay safe from poisons:

-  DON'T put unknown substances in your mouth.
-  Ask your parents if you are unsure about a substance.
-  Become a poison expert.
-  Educate yourself and your parents about poison safety.
-  Help your parents make a list of poisons found in your home.
-  Make sure they have the poison control center phone number close by a telephone in case of accidental poisoning.








## FIRES

Home fires can cause death and serious injury. It is important to learn the basics of fire safety to protect you and your family. Although the majority of fires occur in the winter months when burning fires and holiday lights, fires can occur anytime and in any room. Follow these tips to keep you and your family safe:

-  Have your parents install smoke detectors in your home.
-  Sit down with your parents and make a fire escape plan. Practice it often.
-  DO NOT play with matches or lighters.
-  DO NOT wear loose fitting clothing around burners or other fire sources.
-  DO NOT attempt to cook meals without your parents being present.
-  Talk to your parents about electrical safety (not overloading outlets or using too many extension cords).

## FALLS

You can be seriously injured from falls in and around your home. Talk to your parents about how you can help them fall proof your home and follow these tips for keeping yourself safe:

-  DO NOT run with objects such as bottles or scissors in your hands.
-  Keep toys and other clutter off the floors and stairs.
-  Use a nightlight or flashlight when getting up at night.
-  DO NOT climb to reach high shelves. Ask your parents for help.
-  Have your parents install skid proof mats in the bathroom.
-  If you splash water out of the tub or shower or spill a liquid on the floor, promptly dry it up.
-  Help your parents "fall proof" your home.

Safe Proofing your home can be fun. Visit these sites to play fun games and download safety information:

### [Sparky Cards](http://www.sparkycards.org)

Groovy safety cards to send to your friends and family!

<http://www.sparkycards.org>

### [National Fire Protection Association](http://www.nfpa.org)

Look for Sparky the Safety Dog for games and safety tips!

<http://www.nfpa.org>

### [National Safety Council](http://www.nsc.org)

Fun games and puzzles to keep your home and the environment safe!

<http://www.nsc.org/ehc/kidscorn.html>

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<http://www.nsc.org>.

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