

- Don't let your child eat paint chips. They may contain lead.
- Be especially careful when remodeling old buildings.
- Replace old lead water pipes in your house.

Guns

Kids and guns are a deadly combination. Over 90% of child gun deaths occur at home.

- If you have a gun, consider getting rid of it—or store it unloaded in a locked cabinet. Store the shells separately.
- Teach your child that if he or she ever finds a gun, leave it alone and immediately let an adult know about it.

Electrical shock

Household appliances can hurt children.

- In the bathroom, keep all electrical appliances (hair dryer, curling iron, space heater, radio) out of your child's reach. They can cause electrical shock or death if they are plugged in and fall into water.
- Put plastic caps on all unused electrical outlets including those on the end of extension cords. They prevent your child from sticking anything into the outlet or sucking on an exposed extension cord.

Learn CPR

Call your local American Red Cross or American Heart Association to find classes in your area. Make sure your child's caregivers are trained in CPR.

For more information:

The **Kaiser Permanente Consulting Nurse Service** is available to Kaiser Permanente members with medical questions or concerns. Call 24 hours a day, toll-free 1-800-297-6877.

The **Kaiser Permanente Resource Line** can provide information on a variety of safety topics about keeping your child safe at home, in the car, and at play. Call weekdays from 9 a.m. to 4 p.m. toll-free 1-800-992-2279.

Visit the **Kaiser Permanente website at kp.org/wa** and check our Health and Wellness Resources section for more health information.

How to keep your child Safe at Home



Bumps and bruises are part of growing up, but you can prevent many serious injuries by making your home safe for children.

Drowning

After car crashes, drowning is the second leading cause of accidental death among children. Hundreds of children drown each year in bathtubs, toilet bowls, buckets, pools, and hot tubs.

- Never leave a young child alone in a bath-tub—not even in a device that helps a baby sit up in a bathtub. Your baby could slide under the support and drown. To answer the doorbell or the phone, wrap your child in a towel and take him with you.
- Never leave a bucket of water around small children. Large buckets are especially dangerous for toddlers. Toddlers are top heavy and can easily fall into a bucket when they lean over to reach something. Large buckets will not tip over even if the child wiggles and struggles. Empty buckets and store them out of the reach of children.
- Make sure hot tubs and pools are fenced on all sides and have gate alarms and/or safety covers.
- Watch your child closely around water. When around bodies of water, have your child hold your hand or wear a proper personal flotation device (PFD). The PFD should have a collar and a crotch strap. Have all children (as well as adults) wear a PFD while boating.
- If you have a toddler, keep toilet lids and bathroom doors closed.

Fires

Smoke and fires kill hundreds of children each year. Children under 5 are at the greatest risk.

- The chances of dying in a fire are cut in half if you have a working smoke detector.
- Put smoke detectors outside all sleeping areas and on every level of your home.
- Test smoke detectors once a month and replace batteries at least once a year—even if they still work.
- To put out a small fire, have at least one fire extinguisher in your home. Never try to put out a large fire yourself.

You can prevent common causes of home fires:

- Keep matches and lighters away from children.
- Keep furniture, curtains, clothes, and newspapers away from portable heaters, radiators, and fireplaces.
- Never run electrical cords under rugs.
- Rewire old appliances with frayed cords.
- Never store gasoline or other flammable liquids in the house.
- Put out cigarettes after use. Never smoke in bed.

Burns

Hot drinks, soups, and tap water, are the most common causes of burns to young children.

- Reduce the water heater thermostat to 120°–125° or install anti-scald devices in your shower and bathtub. Get these devices at hardware stores, or ask your landlord to make these changes.

- Place hot foods and drinks away from the edges of tables and counters so young children can't reach them.
- Watch for dangling cords (electric woks, crockpots, coffee makers) your child could pull.
- Turn pot handles toward the back of the stove.
- Do not hold your child and a hot drink at the same time.
- Reduce the water heater thermostat to 120°–125° or install anti-scald devices in your shower and bathtub. Get these devices at hardware stores, or ask your landlord to make these changes.

Choking

Choking is the fourth leading cause of accidental death in children under 3 years old.

- Keep small objects away from a toddler's reach. A toddler can choke on things like safety pins, coins, marbles, small parts of a toy, crayon pieces, jewelry, and broken or deflated balloons.
- Toddlers can also choke on foods such as hot dogs, nuts, raisins, hard candies, raw carrots, grapes, and popcorn.

Falls

Falls are the leading cause of emergency room visits for children of all ages.

- Do not leave babies alone on beds, changing tables, or sofas.
- Put safety gates at the top and bottom of stairs. Do not use accordion gates with large openings—a child's neck can be trapped in an opening.

- Install window guards in windows above the first floor except windows that open to fire escapes. Screens do not prevent falls. They keep bugs out, but are not strong enough to keep kids in.
- Don't use baby walkers. They cause more injuries than any other baby equipment! Most injuries happen when children in walkers fall down stairs or when the walker tips over.

Poisoning

Young children will put anything in their mouths—even if it tastes bad. Medicines, make-up, plants, cleaning and garden products cause most home poisonings. Children under 5 are most at risk.

- Keep common household chemicals and medicines out of a child's reach in locked cabinets.
- Buy medicines and cleaners with child-resistant lids.
- Install safety latches in low cabinets and drawers.
- Never tell your child that medicine tastes like candy.

If you think your child has been poisoned, call the National Poison Center Hotline at 1-800-222-1222. (Washington TDD line 1-800-572-0638, Idaho TDD line 1-303-739-1127.)

Protect your child from lead poisoning

Low levels of lead can cause learning disabilities and behavioral problems.

- Don't microwave food in ceramic dishes unless they are marked microwave safe. Lead from the dish can dissolve into your food.