


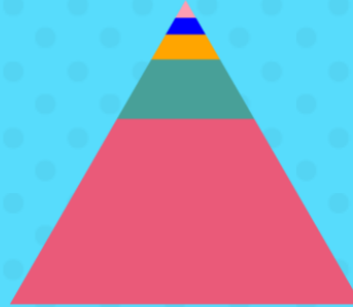
INJURY PREVENTION



Leading Injury-Related ED Visits, Ages 0-4

Howard County, MD 2013

-  Overexertion (4%)
-  Poisoning (4%)
-  Environment (6%)
-  Impact Injury (14%)
-  Falls (44%)



Prevention Tips



Understand the difference between a baby's normal and distress cries



Keep children under age 2 in rear-facing car seats



Do not leave children alone near stoves, ovens or fireplaces



Never leave kids alone in cars, especially in warmer months



Look out for tripping hazards in play areas



Make sure children wear properly fitting helmets



Be aware of choking risks like small blocks, magnets and plastic toy pieces



Mix liquid medicines with kitty litter or coffee grounds when throwing away



A child's body heat rises 5x faster than an adult's. Make sure they take breaks and drink water when playing



Keep sharp and pointy objects out of a child's reach