



# StayHealthy

Health Information from the Visiting Nurse Service of New York

## 11 Safety Tips for Taking Good Care of Your Family

There are some important rules that can help you keep your family safe and healthy. Here are eleven child safety tips brought to you by VNSNY's Children and Family Services:

### 1. Childproof your home.

Use outlet covers, toilet locks, gates and safety latches for cabinets and remove household chemicals and medications from a child's reach.



Secure furniture so that it cannot be pulled over or climbed on (bookcases, TVs). Remove furniture made of glass or that has sharp edges. Avoid clutter, arrange furniture and stabilize throw rugs to prevent falls and injury.

Install window guards on all windows. **Keep the poison control number (800-222-1222) nearby.** If you need to use it: Know what and how much your child ingested, and be able to describe how he or she appears now (breathing, skin color and any other symptoms).

### 2. Protect against burns.



Test the water temperature with your elbow before bathing your child, keeping the water temperature below 100°F. Never place hot soups and drinks near children. Use gates and radiator covers to keep children away from heaters and hot air vents. If a burn injury occurs, apply ice and seek medical attention immediately.

### 3. Be prepared for the weather.

Dress your child in layers of clothing that can be added or removed depending on the temperature. On cold days, children should wear a hat. On hot days, avoid places with poor air circulation—like cars and homes without A/C. Never leave the children alone in a car. Avoid direct sunlight for long periods of time; shade is best. Beginning at six months of age, sunscreen can be applied to a child's skin. Remember to check your child frequently on warm days to make sure he/she is cool and hydrated.



### 4. NEVER call medication "candy."



Always keep medication bottles closed and out of reach. Follow the prescription instructions and do not change the dose or duration for which medication is given. Medication is only for the child for whom it is prescribed—do not share medications.

### 5. Be prepared during medical appointments.

Parents should attend all medical appointments and take notes so that details can be recalled later. If you have concerns or do not understand what is being asked of you, be sure to ask for clarification. Always bring the current list of medications that your child is taking. Keep MD and emergency numbers handy.

For more information or to arrange for our services, please call:  
1-888-VNS-1-CALL (1-888-867-1225) or visit our website: [www.vnsny.org](http://www.vnsny.org)