

PRINCE GEORGE'S COUNTY FIRE AND EMS DEPARTMENT

One County. One Department. One Mission. Service Is The Mission



CHILDHOOD UNINTENTIONAL INJURIES

TIP SHEET



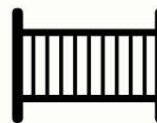
Injuries are a leading cause of death for children and teens in the U.S.

These types of injuries vary by age

Focused prevention strategies can help mitigate and prevent injuries and deaths



Suffocation deaths are most common amongst infants <1 year old



Safe sleep strategies can reduce suffocation deaths among infants



Drowning deaths are most common amongst 1-4 year olds



Family engagement and support, parental monitoring, and school connectedness can reduce injuries and substance abuse occurrences



Motor Vehicle Crash deaths are most common amongst 5-19 year olds

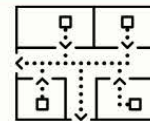


Proper use of car seats, booster seats, and seat belts can reduce motor vehicle crashes and injuries and deaths

YOU CAN KEEP CHILDREN SAFE



Children should remain rear facing until 2 years old at minimum per state law, best practice 3 years old



Fire/Burn Injuries and deaths can be avoided by using smoke alarms



Fall injuries can be prevented by installing protective rails on bunk beds

Create and practice a family fire escape plan



Use protective gear, like a helmet, during sports and recreation/ bicycling

Never leave food on the stove unattended

Keep your child out of the kitchen

Water Safety

Watch kids around water without being distracted

Empty tubs, buckets, containers and kids pools after use

Install fences around home pools

Learn CPR and basic water rescue skills

