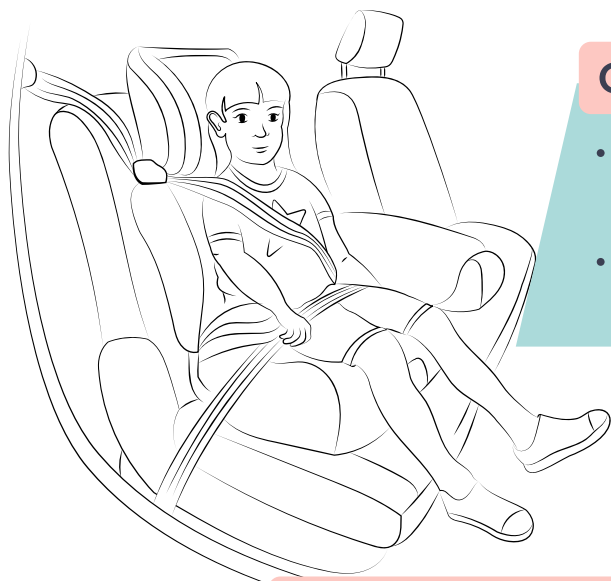


P4S Prescription 4 Safety

What You Can Do to Prevent
Common Childhood Injuries

5 Year to 9 Years

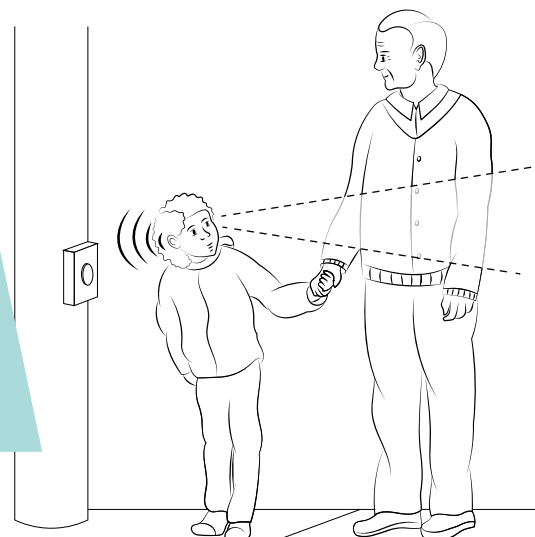


CAR CRASHES

- Use a booster seat if your child has outgrown the height or weight limits of their car seat. Make sure seat belt lays across your child's shoulder and hips.
- Always have children sit in the back seat and use a car seat or booster seat when travelling in a vehicle.

PEDESTRIAN SAFETY

- Talk with your child and show them how to be safe while walking. Teach children to Stop, Look, and Listen before crossing the street. Teach children to make eye contact with drivers to make sure drivers can see them.



PET SAFETY

- Supervise children when around animals, and teach them to be gentle and ask permission before approaching or touching animals.



CONCUSSIONS

- Learn how to spot the signs of a concussion.
- Teach children what a concussion is and to tell an adult right away if they think they or a friend have a concussion.
- If you think a child has a concussion, make sure they stop any activity right away. The child should be checked by a healthcare provider immediately.

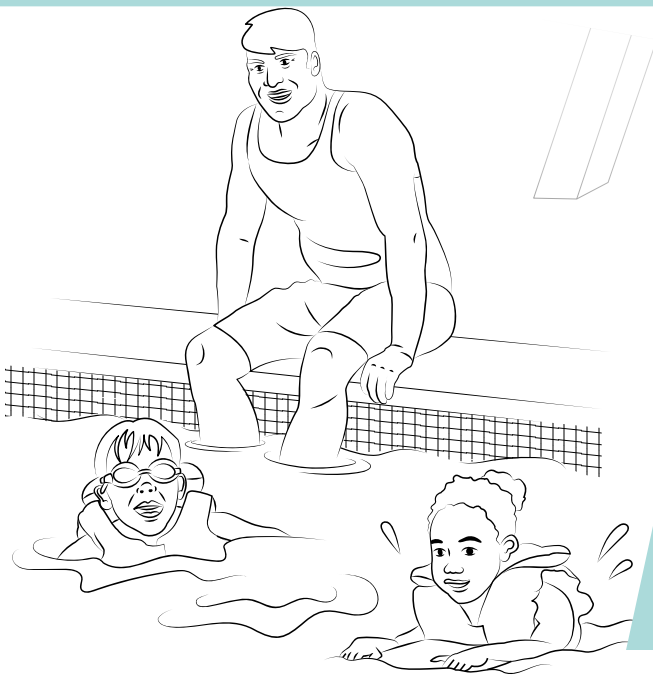
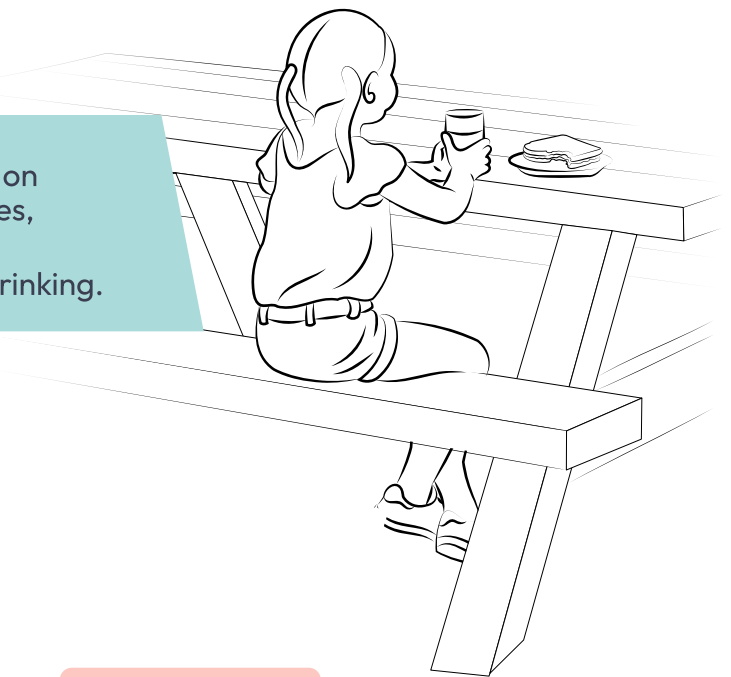


FALLS

- Ensure children always wear a properly fitting helmet when ice skating, skiing, and using a bike, scooter, skateboard, etc.
- Supervise children on playgrounds.
- Trampolining is a risky activity. Children should not use backyard trampolines.

CHOKING

- Remove anything that can catch or snag while on playground equipment like bike helmets, scarves, drawstrings, etc.
- Teach children to stay seated while eating or drinking.



DROWNING

- Always closely supervise children in and around water, and use an approved lifejacket or person floatation device (PFD).
- Teach children water safety rules and enroll them in swimming lessons.