

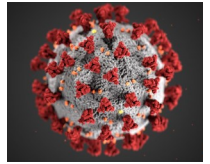
SAFE K:DS GRAND FORKS

News You Can Use



Spring 2020

Coronavirus Communication



The Coronavirus has caused quite a commotion and disruption to our community and to our world. With this comes added stress for parents and kids alike. While we all need to be aware that vigilance with handwashing, covering our cough and staying home if sick is important, we at Safe Kids Grand Forks want to add a few more reminders for parents to think about. During this time when school is out, childcare centers may be closed and kids are likely spending more time at home, keeping that environment a safe one for kids to live and explore is important. Here are a few reminders to keep homes and families safe, not just from Coronavirus but from the leading killer of kids, preventable injuries.



Remind kids and adults alike to wash their hands often with hot water and soap or hand sanitizer. If you have a runny nose, toss your tissue in the garbage right away. Self isolate as much as possible and stay home and away from others if you are sick. If you have Covid-19 symptoms, call Altru's Coronavirus hotline before going to the ER or clinic so you can be screened: **701.780.6358**



Every 12 days in the United States, a child dies because they got into a medication and were poisoned. In fact, medications are now the #1 cause of poisoning in children. Keep medications UP and OUT of REACH and SIGHT of children. If you need FREE cabinet locks to install on your cabinets to secure your meds, contact our Safe Kids Grand Forks office at safekids@altru.org. Put the Poison Control Center number in your phone in case you need it. **1.800.222.1222**



During a time when kids are likely to be home more, maybe bored or their caregivers are busy trying to work from home, be alert to other dangers kids can get into.

- ⇒ Put laundry and detergent pods up high and out of reach of kids.
- ⇒ Install baby gates to keep small children in a safe area.
- ⇒ Assure that televisions are mounted to the wall or furniture. Every 3 weeks in the US, a child dies from a TV tipping over on them. Make sure all your TV's are secure, especially the older style "tube TV's" that are very heavy and often found on furniture with drawers (used as stairs) or ones with shelves kids can climb.
- ⇒ Check the home for small items that kids can choke on such as coins, paperclips, buttons, small toy parts, etc. If an item will fall through the center of a toilet paper roll, it should not be around kids under age 3 as it may cause a choking hazard.
- ⇒ Put items with button batteries up and out of reach of children.
- ⇒ Assure that electrical cords are hidden or wound up.



Safe Kids Stars: Amanda Weston Caillier & Nicole Holter



Over the years, Safe Kids Grand Forks has covered many injury risk areas but recently, we have added railroad safety to our list of topics. Safe Kids Grand Forks was selected last fall as a pilot site for testing the new railroad safety curriculum created by Safe Kids Worldwide. The concept was to work by training middle school students on railroad and train safety and then have them create unique methods to bring what they learned to

elementary aged students. We reached out to many partners in our community and surrounding area asking for interested schools. Amanda Weston Caillier of Valley Middle School and Nicole Holter of Larimore High School immediately took on this challenge of working with us. We were thrilled that they garnered support of students at their respective schools and then worked with us to carry out these training activities. Their “can do” spirit

and passion for working with students was apparent and we thank them for their efforts and partnership. We also name them our Safe Kids Stars in this edition of our newsletter. We hope to continue to this partnership in the future not only with railroad safety but other injury prevention topics as well.



Picture on left:
Amanda Weston Caillier with students from Valley Middle School

Picture on right:
Nicole Holter from Larimore High School



HANDS ON
learning
fair
PRESENTED BY
SAFE KIDS
GRAND FORKS



In the best interest of those attending and our vendors, we have sadly had to decide to cancel the 2020 Hands on Learning Fair by SKGF due to COVID-19.

Please continue to follow our Safe Kids Grand Forks Facebook page for ways you can keep your kids safe from unintentional injury while they are home extended hours.

We hope that you will join us at the 2021 Hands on Learning Fair!

April 25, 2020 1 p.m. **CANCELLED** Grand Forks

Child Passenger Safety Changes Amid Covid-19

Lots has changed in our world with our current Covid-19 situation. While life is not what we expected it to be at this time of year and much has changed, there are some things that remain the same. Pregnant moms and dads are still expecting their first bundles of joy and have questions about how to properly install their car seats. Grandparents are being asked to care for grandchildren and likely have not installed a car seat for many years so they have questions about that task. Childcare providers get different vehicles and need help installing seats with different seat belt types. We at Safe Kids Grand Forks want to assure you that we are still here to help with your child passenger safety needs. That being said, how we do it for this period of time may be different but our goal is to make you feel that your baby/child is as safe as can be while riding in a motor vehicle. While the Coronavirus is scary, the fact remains that motor vehicle crashes are the leading cause of death for children under age 19 and we are committed to doing our part to reduce and prevent the number of those deaths and injuries. Here are some helpful tips for you related to our work in the child passenger safety arena:

- ⇒ Until further notice, our car seat check-up events at Rydell Auto Center, the Grand Forks Fire Department and other locations around the region are suspended. Until we have the “all clear” that social distancing practices are no longer being requested, we don’t feel that we should be crawling around in the back seats of vehicles. That being said, we would LOVE to still help you with your car seat needs. If you would like to set up a video call appointment or phone call assistance with us, we are willing to do that. Ideally, we want parents to have read their instruction manuals prior to that call and then we will walk you through the installation and answer any questions you have.
- ⇒ If you were going to attend our Bringing Home Baby Class (for expectant or new parents), a video of that class, along with the class outline can be emailed to you to watch at your leisure. If you have questions about your seat installation following that class, we would again be willing to set up a time to connect via phone.
- ⇒ Our website is filled with lots of printed resources and checklists and most car seat manufacturer’s have installation videos on their websites as well. Please seek out those resources for help too.

Please know that our commitment to your child’s safety in motor vehicles will never change and we will be here to assist in any way that we can. It is our honor and our passion to help save the lives of children in motor vehicles and we thank you for making it a priority too.



Find The Right Seat

Congratulations Jennifer Booge, CPS Instructor of the Year

Each year, the National Child Passenger Safety Board bestows a national award for the the child passenger safety technician and instructor of the year on a deserving recipient. This year, our dear friend and MN neighbor, Jennifer Booge was presented with the honor of the Instructor of the Year. While the celebration in Tampa was canceled, we celebrate with her here. Congratulations, Jennifer!! You are so deserving and we are very proud of you!! Here is the write up provided by the CPS Board.

Twenty years ago, Jennifer Booge was introduced to child passenger safety by a friend. Then a stay-at-home mom, she also was introduced to her second calling.

Today, Booge is recognized as a leader in the child passenger safety community and as the Child Passenger Safety Instructor of the Year by the [National Child Passenger Safety Board](#). The award is sponsored by [Toyota Motor North America](#).

“To Jennifer, we say any job well done and that has been carried out by someone who is fully dedicated is not only a job worth noting but also worth celebrating,” National Child Passenger Safety Board Chair Tammy Franks said. “In cases like this, a lot of seemingly ‘small things’ can add up to giant contributions, to greatness personified. That is Jennifer, a great safety ambassador and a source of inspiration.”

From your friends in North Dakota, we send our hearty CONGRATULATIONS!!



Home Alone: Is Your Child Ready?

When is my child old enough to stay home alone? How young is too young? What is an appropriate age to let my child babysit siblings or neighbor children? Because kids mature at different ages, knowing when your child is old enough to stay home alone can be difficult. If you are thinking about leaving your child home alone for the first time, there are several things to consider. The following supervision guidelines provide a starting point in making this decision.

Infant/Children ages 0-4

North Dakota Supervision Guidelines state all children under the age of four, be in view of their caregiver at all times while outside of the home. Inside the home, the caregiver should be available and able to respond to the children to provide immediate care and protection from harm. In addition, children of this age should not be left in vehicles unless they are in proper restraints (unable to put the vehicle in gear) and in direct view of the caregiver at all times.

Children 8 years and younger

Should be supervised at all times with a caregiver available.

An 8-year-old should not be left in charge of other children.

Children who are 9 years old

A child of this age should **NOT** be:

- Left unsupervised for periods greater than two hours during the daytime
- Unsupervised during sleeping hours
- Responsible for younger children

Children who are 10-11 years old

A child at this age may be left alone for longer periods of time. However, caution is advised in leaving a child unsupervised during sleeping hours. Children this age should not be responsible for younger children.

Children 12 years and older

- May be permitted to act as baby-sitters but it is recommended they successfully complete an approved childcare training course.
- Caution is advised on the number of children left in care, length of time for caregiving responsibility, factors regarding special needs of children left in care and resources available to the child providing care.

Teens

Children under the age of 15 should be attended overnight. Caution should be taken in leaving 15-17 year olds alone overnight. Extended absences of caregivers (such as over a weekend) are not recommended.



Children staying home alone can...

- Get home from school safely
- Use the keys to get in the door & lock it once safely inside
- Say their full name, phone number & address in case of emergency
- Use the phone
- Know how & when to call 911
- Call a neighbor to ask for help if needed
- Get a snack or safely make a cold snack
- Do some homework on their own
- Follow simple rules
- Know how to do simple first-aid (e.g., put on a Band-Aid or run cold water on a burn)
- Understand enough about time to know when you will be home



6 sessions available in 2020

(Pick one to attend)

May 23, August 15, November 7

Class Times: 9 a.m. - Noon or 1 - 4 p.m.

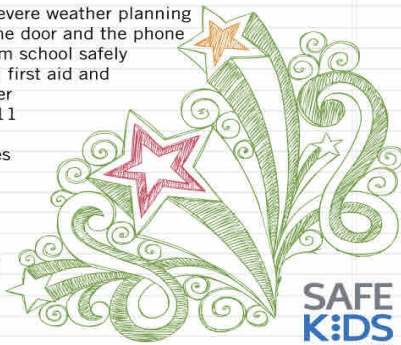
607 DeMers Ave., East Grand Forks

(Altru Clinic, lower level)

Help your 8-12 year old prepare for independence with this class created by Safe Kids Grand Forks. Drop your child off and they will learn:

- » Fire escape and severe weather planning
- » When to answer the door and the phone
- » Getting to and from school safely
- » Medication safety, first aid and Heimlich maneuver
- » Reasons to call 911
- » Cooking safety
- » Setting house rules
- » And much more!

Cost: \$20
Call 701.780.1489 to register.



SMART SITTER is a babysitting class designed by Safe Kids Grand Forks to teach 11-15 year olds about the responsibilities of caring for other children. Attendees also receive an introduction to First Aid procedures and CPR. A certificate of completion and a course manual will be provided.

Smart Sitter

BABYSITTING CLASS | SPRING 2020



May 16 or May 30

9:30 a.m. - 2:30 p.m.

607 DeMers Ave., East Grand Forks (Altru Clinic, Lower Level)

Cost: \$50 (lunch included, but please bring a water bottle and snack)

Registration is required and class size is limited.

To register, please call 701.780.1400.

Registration is required at least 3 days prior to class date. Class size is limited.

Sports Nutrition: Staying Safe and Injury Free Starts with Breakfast

Young athletes will get the most out of their sports training, strength and conditioning if they make good nutrition part of their game. Breakfast is the first step in promoting proper fueling and recovery nutrition to enhance performance and reduce the risk of injury. Below are some examples of balanced breakfasts to help athletes jump start their day.

- Whole grain cereal with milk and fruit
- Egg sandwich: whole wheat toast or English muffin with an egg cooked in the microwave and slice of cheese, paired with fruit.
- Grab-and-go low-fat chocolate milk and a small bag of cereal, nuts and dried fruit or pre-packed trail mix
- Banana muffin with peanut butter or other nut butter and a glass of

- low-fat milk, or soy milk
- Oatmeal with milk, almonds and fruit
- Peanut butter and jelly sandwich with a glass of milk and fruit
- 100% whole-grain toast with peanut butter, banana or raisins
- Whole-grain frozen waffles or pancakes with syrup or nut butters
- Smoothies using carnation instant breakfast, milk, ice peanut butter and banana (or other favorite fruit.)
- Leftover Pizza (crust + tomato sauce + cheese)



Not used to eating breakfast? No problem! Just as athletes can train to get faster and stronger, they can train their bodies to want breakfast, starting the pattern of eating regular meals and snacks.

For more information on sports nutrition services call our team of Performance Dietitians: Jenn at 701.732.7620 or Becky at 701.780.6588.

This information was provided by: Becky Westereng RD, LD, CDE with Altru's Sports Nutrition Program



In Case of Emergency
 Child's Name _____
 Child's Date of Birth: _____
Emergency contacts
 (Other than driver of this vehicle):
 Name: _____
 Phone: _____
 Name: _____
 Phone: _____
 Allergies/Medical Issues: _____
9083-0126 NOV 18

We have these stickers (green one to the left) free of charge to place on your car seat or booster in the event of an emergency where the driver may not be responsive. It will assist emergency responders. To obtain some, email safekids@altru.org. Please include your mailing address and how many you would like.

Poison Prevention Week Medication Take Back Event a Success

112# of Medications Collected in Recognition of National Poison Prevention Week



53# collected



36# collected



23# collected

CONGRATULATIONS TO THE GRAND FORKS COUNTY SHERIFF'S DEPARTMENT FOR WINNING THIS YEAR'S MEDICATION TAKE BACK BATTLE OF THE BADGES ~ 2020 ~

WE ARE GRATEFUL TO ALL OF OUR PARTNERS WHO STEPPED UP TO HELP KEEP THE GRAND FORKS AND SURROUNDING COMMUNITIES SAFE FROM MEDICATION POISONINGS





Brain injury can happen to anyone, anywhere, at any time.

Traumatic Brain Injury (TBI)

Damage to the brain caused by an external force that disrupts its function



Males are 2x as likely as women to sustain a TBI



Falls are the leading cause of TBI

Other causes include:

- Motor vehicle crashes
- Recreational Injuries
- Assaults



Toll-free 855.866.1884 • Fax 701.777.1431

You can prevent brain injuries

- Wear a seat belt
- Never drive under the influence
- Wear proper protective equipment for recreational activities
- Wear shoes with non-slip soles
- Remove tripping hazards



Symptoms of TBI may not show up for **weeks or months** following the incident

TBI can cause a wide range of short or long term changes including:

- Behavioral Changes
- Physical Impairments
- Changes in thinking

The ND Brain Injury Network can help by providing assistance and resources for those with TBI's and their families, friends and professionals

NDDOT Safety Division Launches Crash Dashboard

The NDDOT Safety Division has launched the Crash Dashboard to provide the public with live and interactive North Dakota crash data.

The data is collected by law enforcement officers who complete a crash report when a motor vehicle crash occurs on a public road and involves a fatality, injury or at least \$4,000 in property damage.

North Dakota crash data can be viewed by year, county, holiday and more.

The link to the dashboard is: <https://bit.ly/39fjb0s>

Thank you-

Melissa Casteel, MPH

Traffic Records Research Analyst, FARS Supervisor

- Safety Division

North Dakota Department of Transportation

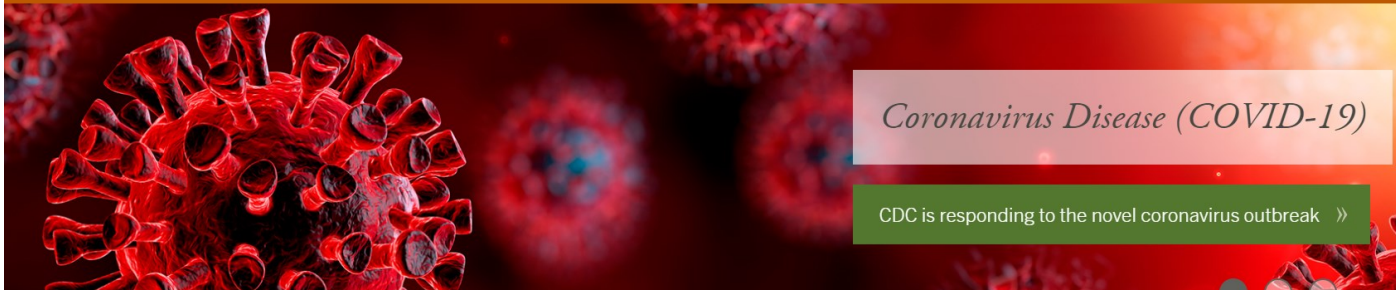
Phone: 701.328.1805 Email: mccasteel@nd.gov



Covid-19 questions? Visit <https://www.altru.org/coronavirus/> or call the Altru Health System hotline for medical related questions: 701.780.6358

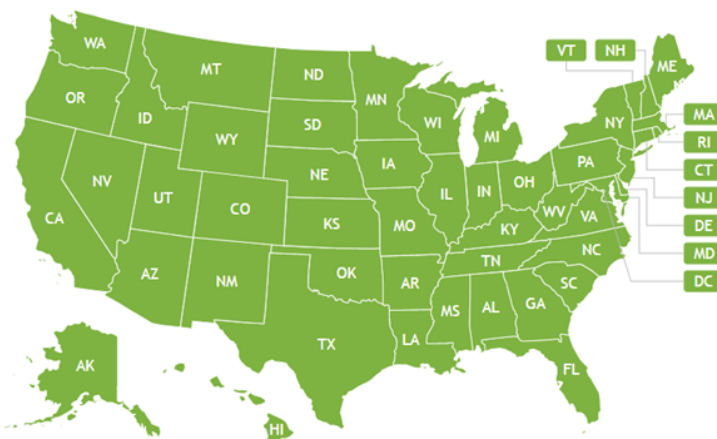
24/7 Coronavirus Screening Hotline: 701.780.6358

[Click for more information on the hotline, visitor restrictions and other information on COVID-19.](#)



CHILD SAFETY LAWS IN YOUR STATE

Use this map to find child safety laws in each state. [Visit our FAQ Section](#)



We often times get calls at our Safe Kids Grand Fork office asking about specific state laws as it relates to child passenger safety. Safe Kids Worldwide has recently launched a new tool to help with this question. Found on the Safe Kids Worldwide website is a fabulous new interactive tool that defines what each state law entails. Visit this link, click on your state and be up-to-date with the latest on child passenger safety laws. If you are traveling on a road trip, remember that you are responsible to know and follow the laws in each of the states you will visit. This tool will make finding those laws easy to understand and we are grateful to the Advocacy Team at Safe Kids Worldwide for the work they have put into creating this helpful too.



<https://www.safekids.org/state-law-tracker/child-passenger-safety-and-seat-belt-laws/>



Teen drivers account for

5%

of licensed drivers
but were involved
in nearly

20%

of all
crashes.

Source: NDDOT 2018 Crash Summary Fast Facts

Equip yourself or your teen with the tools to arrive home safe, every trip. Enroll in one of our Defensive Driving courses today.

Course completion may qualify for an insurance discount and a point reduction!



Alive at 25 Defensive Driving course

April 19, 4:30pm - 9:00pm, Grand Forks

August 9, 4:30pm - 9:00pm, Grand Forks



Defensive Driving 4-hour course

April 18, 9:00am - 1:00pm, Grand Forks

August 8, 9:00am - 1:00pm, Grand Forks

Register now at ndsc.org



Free Online Driver Training During the Coronavirus

Parents,

In an effort to stay safe and healthy during the coronavirus pandemic, many of us are isolated at home. As your daily routines have been disrupted, perhaps you and your teen can utilize this time to discuss safe driving behavior. Take a look at our online resource called The Academy for free virtual driver training.

World class instructors will walk you through lifesaving advanced safe driving skills. You will test your knowledge with short quizzes and receive a certificate of completion.

The Academy has 5 learning units that include a total of 21 videos. Each of them less than 6 minutes long.

Speed Management: 3 videos

Space Management: 6 videos

Vehicle Handling: 2 videos

Hazard Recognition: 7 videos

Driving Positions: 3 videos

Please visit this link to access the content:

<https://drivingskillsforlife.com/training/academy>

By spending only 20 minutes a day, in one week you and your teen will complete this training course. You can also present the certificate to your insurance company for rate reduction consideration.

Your safety and well-being is our number one priority, and not just when you're on the road. As you hunker down with family, we hope that these resources can provide a time to bond and strengthen your relationship with your teen, while also providing the knowledge of important safe driving skills.

Stay healthy and drive safe

Sincerely, The Ford Driving Skills for Life Team



Sending Gratitude to THOMSEN HOMES

Businesses and individuals in our community help to support the injury prevention work that we do in many ways. Often, we receive financial donations that help us in our work to keep kids safe at HOME, at SCHOOL, at PLAY and ON the WAY. Recently, we received a donation that demonstrates the commitment of this business to helping their communities in which they work and the importance of safety of children in homes. Thomsen Homes recently gave back \$30,000 to their communities (Grand Forks and Fargo) where they build homes and Safe Kids Grand Forks was selected by Nate Anderson for his \$500 directed donation. We will use this money to assist people with home needs who have children with special needs. Thank you for showing your support of our work and our community. Check out Thomsen Homes for all your building and home buying needs at <https://www.thomsenhomesllc.com>. Thanks, Nate for picking Safe Kids Grand Forks and for your generosity as a company!!



Safe Infant Sleep Checklist



Place **babies on their backs** for naps and at night until they are 1 year old. Make sure babies sleep on a firm, flat surface in their own crib, bassinet or play yard.



Choose a **firm mattress** and fitted sheet for baby's crib. **Remove toys, blankets, pillows, bumper pads** and other accessories from the crib.



Dress baby in a **wearable blanket, onesie** or similar clothing for every sleep. A loose blanket could cover baby's airway or make their body temperature too high.



Share your room, not your bed. Place baby's crib or bassinet in your bedroom instead of letting baby sleep in the same bed with you.



Follow the manufacturer's instructions to assemble your crib. Make sure to complete and **submit the product registration card** to learn about any recalls or safety updates.



For more information, visit www.safekids.org



Pedestrian Safety and Teens

Every hour, a teen pedestrian is injured or killed after being hit by a car in the United States.



In 2012, 284 teen pedestrians died and another 10,000 were injured.



In our survey of 1,000 teens, 40% say they have been hit or almost hit by a car, bike or motorcycle while walking.



When asked what happened when they were hit or almost hit, teens say:



Teens who have been hit or nearly hit report crossing the street while:



Overall, half of teens say they walk in the dark at least sometimes; we know that three-quarters of teen pedestrian fatalities happen between 7 p.m. and 7 a.m.



Talk to your teens about walking safely. Visit safekids.org to find out how.

SAFE KIDS
GRAND FORKS

Kids home with you?
**Keep these things
up & away.**



Store cleaning products safely to prevent poisoning.



Keep all medicine out of reach and sight, even medicine you take every day.



Separate toys by age and keep little game pieces away from little kids.

SAFE
K:IDS
WORLDWIDE.

Another caution for in the homes, please make sure hand sanitizer is up and out of reach and site of young children. While it may be handy to have close at hand and visible, please weigh that with the risk of a young child getting into it.

Product Recalls

March 1-7 was National Consumer Protection Week. To keep families safe, the U.S. Consumer Protection Safety Commission (CPSC) urged consumers to check their homes for recalled products. If you own a recalled product, immediately stop using it, and get your remedy in the form of a refund, a free repair or free replacement.

Each year, CPSC announces about 300 recalls involving millions of products. In 2019 alone, recalls included everything from infant sleep products and unstable furniture to recreational utility vehicles and lawn mowers. Remember, products are recalled because they can injure or kill someone. Chances are that you or someone you know has a recalled item in their home.

Here are some ways to be smart about recalls:

- **Where can you check for recalls?** [cpsc.gov/recalls](https://www.cpsc.gov/recalls)
- **Want recall notices for products you use?** Sign up to receive recall notices at [cpsc.gov](https://www.cpsc.gov)
- **Want recall information readily available on your phone?** Download the CPSC Recalls App at [cpsc.gov/data](https://www.cpsc.gov/data)
- **Bought a new product?** Send in registration cards that come with it so that companies know how to contact you if there is a recall.
- **Got a hand-me-down or something you bought at a secondhand store or yard sale?** Check [cpsc.gov](https://www.cpsc.gov) to see if it is a recalled product.
- **Think you have an unsafe product or an incident where someone was injured by a product?** Report it at [SaferProducts.gov](https://www.SaferProducts.gov)



Remember—not acting on a recall can have deadly consequences. Act TODAY and protect your family.



The Parent Pep Talk is a heartfelt and humorous podcast filled with advice and understanding from empathetic experts, honest parents and teens who are willing to talk. It's for all parents looking for a little perspective, a few well-tested tips, and the feeling that you're probably doing a lot better than you think, even if it doesn't always feel like it. The Parent Pep Talk is brought to you by Safe Kids Worldwide and more information can be found at this link or by downloading Parent Pep Talk in your podcast app. <http://www.parentpeptalk.org/>



Together, Safety Patrols Are Helping to Create More School-Zone Safety

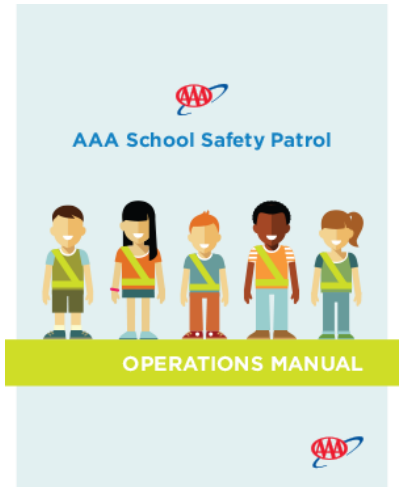


You know the drill. School is finished for the day. Excited kids charge out of the building in all directions. Parents arrive to pick up their young ones; some park across the street, while others double park and block traffic. And amid the chaos, school buses try to make their way out of the school grounds. How can we ensure that our children are kept safe in this type of heavy traffic?

Did you know that the AAA School Safety Patrol Program has helped communities improve school safety for 100 years? Patroller's help students get to and from school safely, providing support at crossings, carpool drop-off areas and bus loading and unloading zones. Parents contribute to Patroller success by adhering to school safety policies and teaching their children how to properly interact with Patrollers.

With the on-going assistance of Safe Kids, Grand Forks is leading the state in adoption of the AAA School Safety Patrol Program in North Dakota! Currently students at seven Grand Forks elementary schools are helping keep their classmates safe as part of the program. As part of the program's Centennial celebration, AAA and Safe Kids Grand Forks will be seeking opportunities to recognize current and past patrollers, patrol advisors and schools throughout the year.

Visit schoolsafetypatrol.aaa.com to learn more about the benefits of the AAA School Safety Patrol Program.



FOR YOUR TEEN DRIVER, THE FORD DRIVING SKILLS FOR LIFE PROGRAM COULD BE THE EVENT OF **A LIFETIME.**



The Ford Driving Skills for Life program teaches teens personal responsibility and the skills to make the right choices when driving. Teens 14-18 years old with their permit or license can drive in a closed controlled setting with law enforcement while learning to handle various distractions. They can also experience virtual simulators and many more interactive stations.

Give your teen driver the advantage of learning from experts and practicing in a controlled environment. Sign your teen up for the Ford Driving Skills for Life Program, Wednesday, August 5, 2020 at the Gambucci Arena in Grand Forks.

Learn more at VisionZero.ND.gov.











Fire Safety Amid the Coronavirus

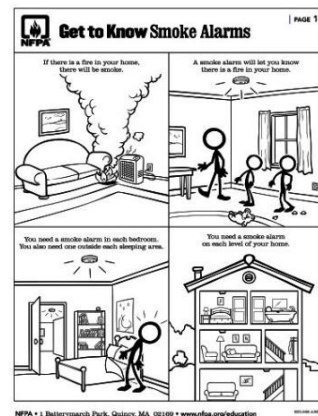
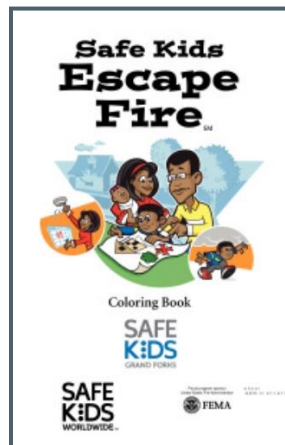
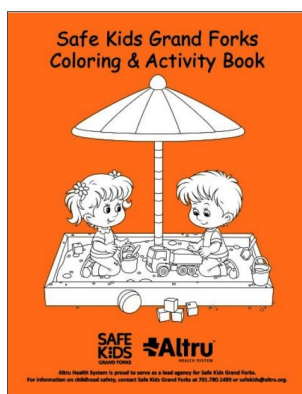
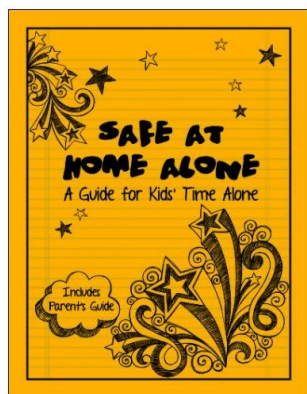


The shutdown of schools, work places and activities has families spending more time together at home. While fire safety is important throughout the year, families often say they don't take the time to practice their fire safety drills, but that is very important to do. It is helpful to know how children will respond in the event of a fire and practicing is the only way they will learn the escape skills and you will know how they respond in the event of an alarm. Here are some suggestions of ways to brush up on your fire safety while you likely have some unplanned family time at home. In fact, if you are doing homeschooling due to the school shutdowns, there are some great ideas here that could be made into a life safety lesson plan. We at Safe Kids Grand Forks have a few resources available for you that could be used to supplement those lessons. The books are shown here and can be obtained online at www.safekidsgf.com or by emailing us at safekids@altru.org. Please provide your name, mailing address, number of books requested and what ones you are interested in. We would be happy to put them in the mail for you.

-  Draw an image of your home's floor plan, including doors and windows. Have children identify their two ways out of each room. Determine if a ladder would be needed for second story windows and plan for that.
-  As a family, determine where your outdoor meeting spot is and make sure everyone knows that location. Be sure to pick a location that is always there (not a snowbank or a parked car, etc.) and that kids can get to it.
-  Check your smoke alarms each month to assure the battery is working. Change the batteries when you change the clocks in the spring and fall if you don't have an alarm with long life batteries. Record when you do this.
-  Assure that everyone sleeps with their doors closed and in a room with two exits (doors or windows). Closed doors will stop the spread of smoke which is often times the cause of death in fires.
-  Practice your fire escape plan with your kids. We would encourage you to do it at night to assure they wake up to the alarm or don't get scared and go into a closet or under their bed.
-  Remind children to always feel the door to see if it is hot before opening it. If it is or if they can see flames and smoke, go to the window, open it and wait for help to come if they cannot get out on their own.

To keep up with the latest fire & life safety information, follow Sparky the Fire Dog on [Twitter](#) and [Facebook](#)

This information has been provided by Safe Kids Grand Forks and supplemented by information from our partners and friends at the National Fire Protection Association®.



2020 North Dakota National Child Passenger Safety Technician Certification Training



Course Information

This training provides basic technical skills, experience and knowledge about the proper use and installation of child car seats when working with parents and caregivers with child passenger safety needs.

Course Content

This training will provide participants with the technical skills to:

- Identify and correct misuse of car safety seats
- Serve as a community resource at a variety of community events such as car seat checkups
- Educate others about child passenger safety issues
- Reduce potential liability through standardization
- Receive knowledge and skills to meet national certification

Certification is achieved through a combination of lectures, hands-on practice, role-playing and written and hands-on skills testing. The training concludes with a community car seat checkup. Participants must be in attendance for the entire course and successfully pass to receive certification.

Who Should Attend?

- Law Enforcement Personnel (POST available)
- Health Care Professionals
- Social Workers
- Emergency Medical Personnel
- Child Care Providers
- Nurses
- Physical/Occupational Therapists
- Safety Advocates
- Firefighters
- Agencies Who Transport Children
- Car Dealership Personnel

Registration & Fees

- Go to: <http://cert.safekids.org>, select "Become a Tech" and follow registration instructions. Fees include a two-year national certification (upon successful completion), technician manual and car seat instructions CD.
- National certification fee is \$95.
- Local fee is \$30.

2020 DATES

| | |
|-------------|------------------|
| Bismarck | April 28 - May 1 |
| Grand Forks | May 18-21 |
| Fargo | June 1-4 |
| Jamestown | June 23-26 |
| Williston | August 18-21 |



For more information; 701-328-4533 or drmayer@nd.gov.



Class dates may change due to the Covid-19 outbreak but if you are interested in becoming a tech, reach out to us as we will get you updated on class dates if they do change.

TOXIC CHEMICALS ARE MORE DANGEROUS TO CHILDREN THAN ADULTS



Why?

Children have **HIGHER EXPOSURES** to many chemicals than adults AND they are more vulnerable to chemicals' toxic effects than adults.

Children are more likely to be harmed by chemicals because:

Children's bodies are still developing and changing.

- ▶ Hazardous chemicals can harm a child's development, especially their brain development.
- ▶ A child's body is less able to get rid of some toxic chemicals than an adult's.

Exposure to chemicals used in many homes, schools and child care settings where children spend most of their time have been shown to increase the risk of:

- ▶ Learning Disabilities
- ▶ Cancer
- ▶ Birth defects
- ▶ Early puberty
- ▶ Hormonal disruption
- ▶ Asthma and other respiratory ailments
- ▶ Kidney disease

Why do they have HIGHER EXPOSURES?

Pound for pound, children:

Put their mouths on more objects than adults;

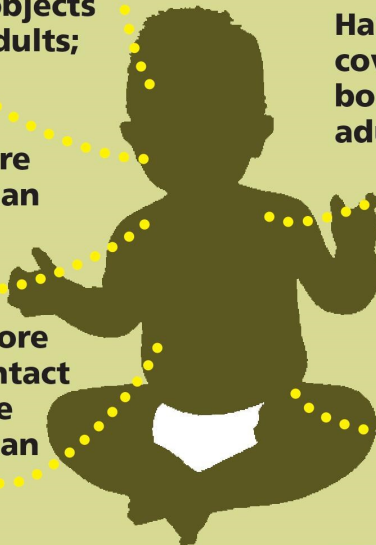
Eat more dust than adults;

Have more skin contact with the floor than adults;

Drink more water, breathe more air and eat more food than adults;

Have more skin covering their bodies than adults;

Absorb more chemicals due to thinner skin than adults.



WHAT CAN YOU DO to protect children from the harmful effects of toxic chemicals ?



WHAT CAN YOU DO to protect CHILDREN from the HARMFUL EFFECTS of TOXIC CHEMICALS ?

PESTICIDES:

- ▶ Take your shoes off at the door so you don't track in pesticides and other toxic chemicals.
- ▶ Don't use pesticides sprays in your home or garden. Use traps and baits if necessary.
- ▶ Clean up food crumbs and spills and put away food that will attract unwanted insects and pests.
- ▶ Close up holes and cracks where insects are getting into the house.



AIR POLLUTION:

- ▶ Keep your house free from tobacco smoke.
- ▶ Limit outdoor activities when the air quality is poor.
- ▶ Check the **Air quality index** at airnow.gov/index.cfm?action=aqibasics.aqi.



AVOID USING TOXIC CHEMICALS:

- ▶ Replace harsh chemical cleaners and other products with those that are less toxic. See the **EPA Safer Choice label**: <https://www.epa.gov/saferchoice/learn-about-safer-choice-label>.
- ▶ If you work with paints, solvents, pesticides or other toxic chemicals, remove your outer workplace clothing before you enter the house, and launder separately.

PROTECT YOUR FAMILY FROM EXPOSURES TO LEAD:

- ▶ Do not let lead paint in your house flake or peel. Never sand it to remove, hire a professional.

- ▶ Flush your cold water tap for 1-2 minutes until it is noticeably colder after water has been sitting in pipes for 6 hours or more to protect yourself from lead that might leach from the water pipes. Do not cook with or drink water from the hot tap. Hot water can dissolve more lead.
- ▶ EPA's **Protect your family from exposures to lead**: <https://www.epa.gov/lead/protect-your-family-exposures-lead>.



HEALTHY EATING:

- ▶ Feast on fruits and vegetables as part of a healthy diet. Use the **Environmental Working Group's Guide** to the Clean 15 and the Dirty Dozen to choose produce with lower pesticides <https://www.ewg.org/foodnews/>.

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The Epidemic of Vaping

Vaping is a term used to describe the act of using an electronic battery-operated cigarette. Electronic nicotine delivery systems (ENDS) go by many names. The most common name is “e-cigarette,” but others such as e-cigs, vapes, vape pens, mods and tanks are common terms. Recently, the e-cigarette brand JUUL has become so ubiquitous among youth that “JUULing” is also used as a common verb for all e-cigarette use. Inside these machines are devices that heat a liquid solution – often containing nicotine – and turning it into an aerosol form to be inhaled. These liquid solutions are offered in a multitude of flavors – over 15,000 options, such as bubble gum, cool cucumber, mango, apple, etc. (U.S. News & World Report).

Unlike vapor, which is simply a substance in gas form, the aerosol from an e-cigarette contains tiny chemical particles from both the liquid solution and the device (e.g., metals from the heating coil). There is evidence to suggest that these particles lead to cardiovascular injury, with links to negative effects on resting heart rate, blood pressure and the cells that line the blood vessels.

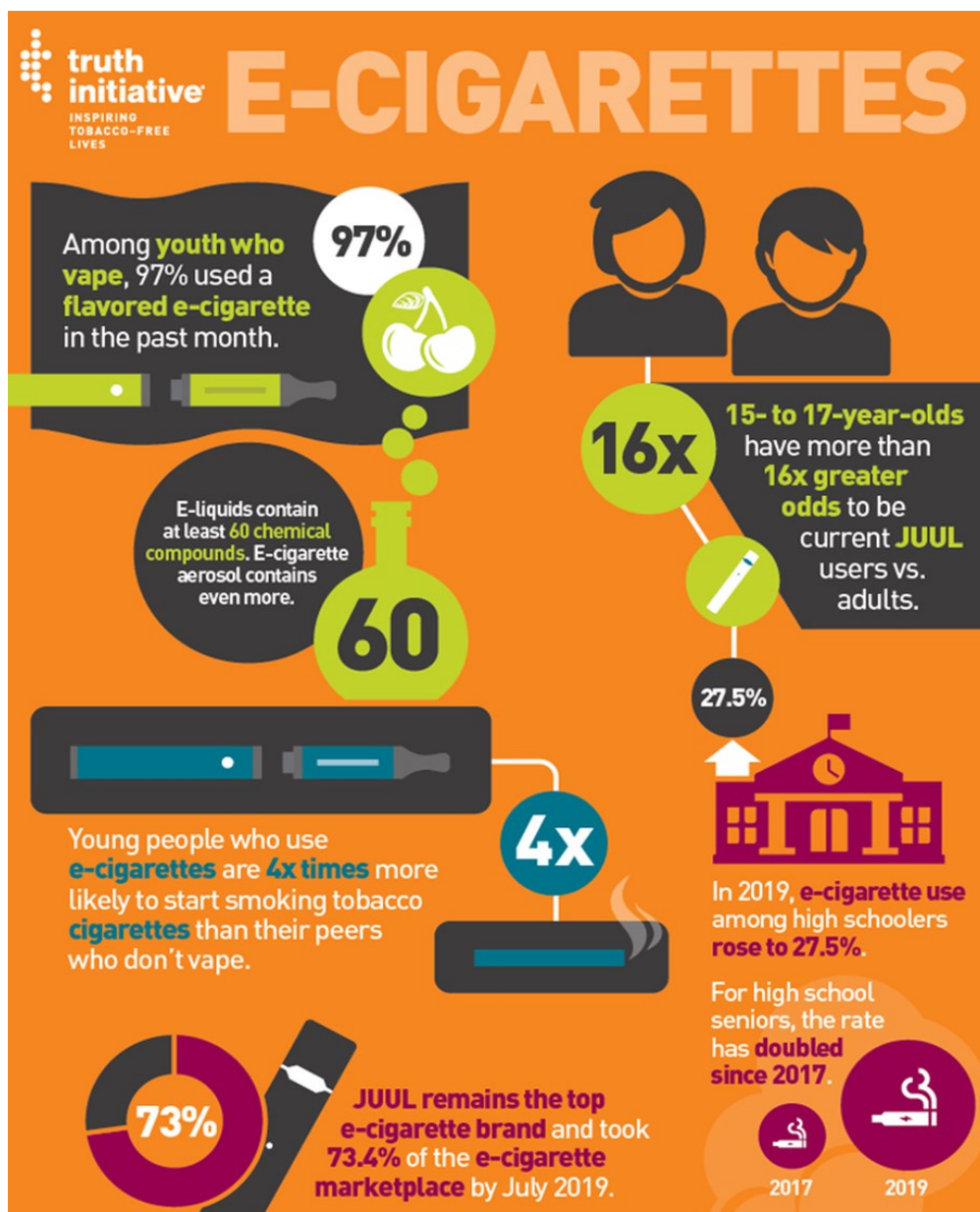
E-cigarettes are NOT regulated. The liquid portion inside the e-cigarettes have NOT been approved nor regulated by the FDA to inhale. In addition, the amount of nicotine in any e-cigarettes varies greatly even if it states “2%” nicotine or “7%” it could be much higher.

In addition to the rate of nicotine delivery, the nicotine content of products like JUUL also raises concerns about the potential for addiction. A 2018 Truth Initiative

study published in Tobacco Control found that among current youth and young adult JUUL users, the majority — 63% — did not know that the product always contains nicotine. Anecdotally, youth are reporting signs of severe dependence, such as inability to concentrate in class, using an e-cigarette upon waking, and using e-cigarettes at night after waking with a craving.

The Center for Disease Control and Prevention (CDC) along with other states, U.S. Food and Drug Administration, local

health department, and healthcare providers are warning the public to not vape or use any electronic cigarettes as there have been numerous reports were individuals – specifically young adolescents – being hospitalized with breathing problems and lung damage, a few even died. There are currently over 2,800 reports of lung damage associated with vaping across 50 states, and more reports coming in daily (California Department of Public Health).



Featured Car Seat— Evenflo EveryFit

The Evenflo EveryFit 4-in-1 car seat has been engineered for maximum comfort, safety and longevity. The EveryFit accommodates your child by adjusting to multiple positions, allowing kids to ride rear-facing beyond 2 years of age—without extending the seat or cramping other passengers. The one-hand, 12 position headrest and no-rethread harness enables proper fit during each ride and as the child grows—without uninstalling the car seat. For additional convenience, this all-in-one car seat is designed with removeable cushions, machine-washable fabrics and two integrated cup holders with removeable snack tray.

This car seat rear faces to 40 pounds, forward faces to 65 pounds and is a high back or backless booster to 120 pounds. This all-in-one car seat provides a safe and secure ride for up to a decade. Parents and grandparents love how easy it is to use the quick and secure SureSafe™ Installation System.



Retail: \$189.99

**SAFE
KIDS**
GRAND FORKS

From the team at Safe Kids Grand Forks and the children and youth that we serve, we send all physicians a heartfelt wish:

*Happy Doctor's Day
~ March 30, 2020 ~*



each year, more than 200,000 children go to hospital emergency rooms

with playground-related injuries. Most of the injuries occur

when a child falls from the equipment onto the ground.

Many backyard playsets and some public playsets are placed

on dirt or grass—surfaces that do not protect children when they fall.



4 TIPS FOR A SAFE PLAYGROUND

- ▶ Install and maintain a shock-absorbing surface (wood chips, mulch, sand) around the play equipment.
- ▶ Never attach, or allow children to attach, ropes, jump ropes, clotheslines, or pet leashes to play equipment—children can strangle on these.
- ▶ Check for sharp points or edges in equipment.
- ▶ Carefully supervise children on play equipment to make sure they are safe.



U.S. Consumer product safety Commission
CPSC hotline: 800-638-2772
and 800-638-8270 (TTY) www.cpsc.gov





Defensive Driving: Saving Lives, Time and Money

Defensive Driving Class For all drivers, young and old

Cost: \$65

- » ND Safety Council member \$60
- » Senior (55+) \$40
- » Additional family members (same household, same course) \$30 each
- » Altru employee/family member, please contact Bill Vasicek

9 a.m. - 1 p.m.

- » Saturday, January 11, 2020
- » Saturday, April 18, 2020
- » Saturday, August 8, 2020
- » Saturday, October 10, 2020

Alive at 25

A defensive driving class for teens

Cost: \$55

4:30 - 8:30 p.m.

- » Sunday, January 12, 2020
- » Sunday, April 19, 2020
- » Sunday, August 9, 2020
- » Sunday, October 11, 2020

After completion, drivers may be eligible for an insurance premium discount and a 3-point reduction off their ND driving record.

Classes are held at Altru Professional Center, 4440 S Washington St, Grand Forks (across the highway from Choice Health & Fitness). Use main entrance: Door #13.

Register online at www.ndsc.org or call the North Dakota Safety Council 800.932-8890 or 701.223.6372.

For information, please contact: Bill Vasicek, Community Safety Coordinator, Trauma Services at Altru, 701.780.5939 or bvasicek@altru.org



**SAFE
KIDS
GRAND FORKS**

Keeping kids safe at **HOME**, at **SCHOOL**,
at **PLAY** and **ON** the **WAY**.



To access our safety information, donate or volunteer in our efforts to keep kids safe from preventable injuries, visit www.safekidsgf.com or call 701.780.1489.