



# News You Can Use



**Summer 2018**

## **Bob Rost Named America's Favorite Crossing Guard**

We in Grand Forks all know of the amazing work that Sheriff/Crossing Guard Bob Rost has done to promote pedestrian safety in our community, county and state, but after a recent nationwide competition to name America's Favorite Crossing Guard, the entire United States now knows what a gem we have in him.

Last November, Safe Kids Worldwide and FedEx (our partner in pedestrian safety), accepted nominations for this prestigious award. Safe Kids Grand Forks nominated Bob Rost for all his work he does as a volunteer crossing guard at Kelly School, for his support of pedestrians safety in the county, for his promotion of the city's safety patrol program (kids helping out at schools with crossing guards) and for his past work with the legislature to make crossing guards a possibility in our state.

Bob was one of 55 people in the United States nominated for this award and in January, voting was done on-line. People were able to vote once per day with each email address they have and the top five vote getters then went on to a national panel of judges. We learned that Bob had been chosen as the recipient of this years "America's Favorite Crossing Guard" award and the plans for a celebration kicked into gear. We first surprised Bob with an announcement at a local Optimist meeting that he was chairing.



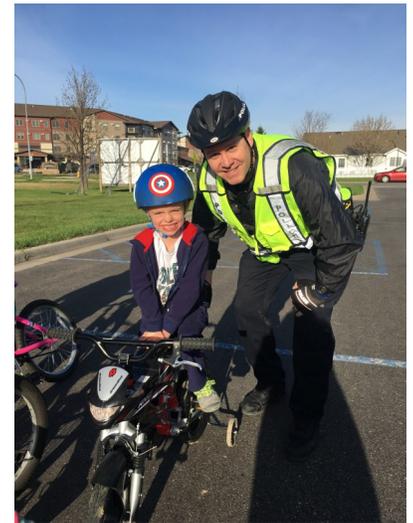
~Continued on page 3

# SAFE KIDS “STAR”

In this edition of the Safe Kids newsletter, we tip our hats to Corporal Jon Lampi with the Grand Forks Police Department. This spring, we conducted Bike To School Day events at various locations in the community and each and every time, Officer Lampi was there bright and early with his bike, his helmet and his riding gear to lead the kids from remote locations to their school. He also coordinated with other officers during our Lewis and Clark ride as those kids had to cross over the University Avenue overpass and across some major traffic. Jon was patient and friendly with the kids and they seemed to love having one of the “Forks Finest” riding alongside them on their Bike To School adventures.

Officer Lampi is a member of Safe Kids Grand Forks and contributes to our coalition’s injury prevention efforts in many ways but this month, we extend our gratitude to him for his Bike To School efforts and name him our Safe

Kids Star!! Thanks Corporal Lampi for your efforts to keep the kids of our community safe!!



## Campfires & Gasoline

There is no safe way to start a fire with gasoline. That’s why most parents don’t do it. Many parents today say they handle gasoline more safely than their own parents did. Parents know that gasoline is extremely flammable and its vapors can explode. And they know that kids learn by example.

But some people hold on to old habits. Maybe they grew up watching their own parents use gas to start fires. Or they might think it’s something “everybody” does. The truth is, most parents never mix gas and fire.

### How you can help

- Talk to your kids. Teenager Austin Bailiff nearly died in a gasoline fire. Share his video with your child on [www.StopGasFires.org](http://www.StopGasFires.org).
- Keep gas out of reach. Store your gas where children cannot access it. Many parents always keep their gas in a locked location.
- Keep gasoline away from any source of heat, spark or flame. Even common household appliances like water heaters and clothes dryers can start a gas fire. Be sure to store your gas away from anything that could ignite it.
- Store gas in a well-ventilated area outside your vehicle and living space. Consider a detached garage or outdoor storage shed.
- Never mix gas with fire. “Do as I say, not as I do” doesn’t work with kids, especially teenagers. Model the behaviors you want your child to imitate.



# America's Favorite Crossing Guard~continued From Front Page

A large group of people from Kelly School, Safe Kids Grand Forks, the Sheriff's Department and FedEx surprised Bob at a noon meeting. Plans were then underway to tell the kids at Kelly School and while a blizzard in Minneapolis kept the Safe Kids Worldwide and Fed Ex representatives from getting here on our original "party date" (April 16), we were able to celebrate in style in May.

The kids of Kelly Elementary were treated to a pizza and ice cream party in recognition of their support of Bob and we were thrilled to have dignitaries on hand to present Bob with his award. Kristen Rosenthal, Program Manager, US Pedestrian & Bike Safety and Julie Kenneally, Manager of Communications at Safe Kids Worldwide and Shane O'Connell, Communications Advisor at FedEx came to Grand Forks and we celebrated in style. We are excited to share these photos with you of that celebration and we are thrilled to share with the United States that "America's Favorite Crossing Guard" resides and does his crossing guard work in Grand Forks, North Dakota.



**Frank Macuga**  
Frank doesn't simply act as a crossing guard to keep our school children safe, he helps get all Euclid residents off to a great start each day! Whether he's working for Bluestone Elementary or volunteering for Bluestone Elementary School  
Euclid, Ohio



**Sheriff Bob Rost**  
In the 1980's, Bob Rost took the initiative to go before the ND legislature to make crossing guards an option in our state. As a member of the Sheriff's Department, getting kids to learn about safety was  
Kelly Elementary School  
Grand Forks, North Dakota



**Jerome Sutton**  
Jerome has worked as a crossing guard for approximately 15 years. He directs traffic & assists pedestrians who walk across Wesley Chapel Stouts Road. When drivers and pedestrians  
Sun Valley Middle School  
Monroe, North Carolina



Proud Program Sponsor



# Featured Car Seat- Urbini Presti

The Urbini Presti Convertible Car Seat is a great option for growing children and families with multiple kids. It includes wide seating for the child and allows most mid-sized cars to fit 3 seats across.

ventilation and supportive head pillow. This seat rear faces to 40 pounds and forward faces to 65 pounds with 2 crotch buckle positions.

Retail Price \$99

The Presti has 6 harness strap heights and provides a high level of comfort all year round with built-in



## Congratulations Are In Order For Our Safe Kids Staff

We have been blessed to have amazing UND students that have worked flextime for us while attending college. We send our congratulations to them. Congrats to Jessica as you start your new position in Altru Health System's Population Management Department. Hats off to Ilana on your recent graduation from UND and to Alyssa who graduated last year and recently started a full time job at a non-profit in Grand Forks. We are blessed by the work you have done as a part of "Team Safe Kids Grand Forks".



# Medication Take Back Event

## KEEP YOURSELF AND YOUR LOVED ONES SAFE:

- 1 Lock**  
Keep medication out of sight and in a safe and secure place.
- 2 Monitor**  
Keep track of medication and take only as directed.
- 3 Take Back**  
Drop off unused medication at local Take Back locations. To find a location near you, go to [www.takeback.nd.gov](http://www.takeback.nd.gov).

During National Poison Prevention week, Altru and Safe Kids Grand Forks in cooperation with Grand Forks Law Enforcement, held the Battle of the Badges Medication Take Back Event on March 22, 2018. The University of North Dakota Police Department, Grand Forks County Sheriff's Office and Grand Forks Police Department participated in the event. All three agencies joined forces in a "battle of the badges"

approach to collect unused medications. Using a friendly competition provided the community a winning outcome with over 515 lbs. of unneeded medications collected and removed from our community.

Altru, Safe Kids and the Grand Forks Sheriff's Office began partnering to host regular take back events in June 2015 collecting over 3,000 lbs. of

### Pounds of Medications Collected at Altru Health System/Safe Kids Take Back Events



medications in the past three years. In case you missed this event, medications can be properly disposed of at the Grand Forks Law Enforcement Center, 122 S. 5th Street, Grand Forks, or many area pharmacies including all Altru Health System pharmacies.

The next Medication Take Back event will be held June 12, from 8 – 10 a.m. and 4 – 6 p.m. at 860 S. Columbia Road.

Erin Navarro, PharmD, Altru Health System  
Sally Grosgebauer, Corporate Communications, Altru Health System





# Free Baseball Clinic

## Grand Forks, ND

Apollo Baseball Complex

### Sat. June 2

6-9 Year Old Boys & Girls — 9:00 AM

10-13 Year Old Boys & Girls — 10:30 AM

Sponsored by Twins Community Fund and Great River Energy. No registration required, but participants must complete a waiver on-site.

Equipment is provided, but participants should bring a glove. Clinics are designed to teach basic fundamentals, including hitting, throwing, and fielding.

In case of inclement weather, clinic will be moved to Purpur Arena.

Hosted By Grand Forks County Sheriffs Department

# WWW.PLAYBALLMN.COM



Have you found  
Safe Kids  
Grand Forks on  
social media yet?  
What are you waiting for??



- Check out our events section on Facebook to see a list of classes and events we will be attending in the community.
- Watch for updates of different unintentional injury topics.
  - Ask questions
  - Contact information for the Safe Kids Grand Forks office:



Phone: 701.780.1489

E-mail: [safekids@altru.org](mailto:safekids@altru.org)



Altru Health System:  
Proud to celebrate 25 years  
of keeping kids safe!

**SAFE  
K:IDS**  
GRAND FORKS

“ Putting our teens behind the wheel is  
**the most dangerous  
thing we do as parents,**  
and summer is an especially deadly time.

- Deborah Hersman, president and CEO at National Safety Council



Memorial Day marks the start of the 100 deadliest days for teens on the roads. Equip your teen with the tools to arrive home safe, every trip. Enroll them in an Alive at 25 Defensive Driving Course today.

**Sunday, June 10 • 4-8:30 pm**

**Course Fee: ~~\$55~~ \$20**

Course price discounted and sponsored by State Farm

Qualifies for insurance discount  
and point reduction!

**Register now at [www.ndsc.org](http://www.ndsc.org)**





# 2018 Car Seat Check-Up Events

presented by: **SAFE KIDS GRAND FORKS** **Altru** HEALTH SYSTEM

## Rydell cars.com



2700 S. Washington St., Grand Forks

**Second Thursday of every month from 4-7 p.m.**

January 11	July 12
February 8	August 9
March 8	September 13
April 12	October 11
May 10	November 8
June 14	December 13

No appointments needed at Rydell's

## Fire Station 5



1002 47th Ave. S., Grand Forks

January 25 .....	1-3 p.m.
February 26 .....	9-11 a.m.
March 28 .....	1-3 p.m.
April 25 .....	9-11 a.m.
May 21.....	1-3 p.m.
June 25 .....	9-11 a.m.
July 25.....	1-3 p.m.
August 23.....	9-11 a.m.
September 24 .....	1-3 p.m.
October 24.....	9-11 a.m.
November a .....	1-3 p.m.
December 27 .....	9-11 a.m.

Appointments at Fire Station preferred, call 701.780.1489

**Stop by either location and make sure your children have a safe ride.**

### Baby on the way?

Register for our "Bringing Home Baby" class taught by a certified car seat technician. This class will provide you with basic car seat education, hands on practice and assistance with installing your car seat in your vehicle.

To register call 701.780.5179.



For more information, contact Safe Kids Grand Forks at 701.780.1489 or visit [www.safekidsgf.com](http://www.safekidsgf.com)





## Car Seat Check-Up Events

presented by:



in cooperation with  
**Hanson's Auto & Implement**

110 5th Street West, Grafton, ND

**To schedule an appointment, call Walsh County Health Department at 701.352.5139.**

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's car seat on a recall list? Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with Walsh County Health District and Hanson's Auto & Implement to offer routine car seat check-ups. These will be offered from 4:30-6 p.m. at Hanson's Auto Body, downtown Grafton **by appointment only.**



Proud Program Sponsors



### 2018 Dates

February 1

May 3

August 2

November 1



## Car Seat Check-Up Events

presented by:



in cooperation with  
**Brost Chevrolet**

1600 University Ave, Crookston, MN

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's safety seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with Brost Chevrolet to offer regular car seat check-up events. These are offered on the dates listed from 4:30-6 p.m.



**Stop by and make sure your children have a safe ride.**



### 2018 Dates

January 25

April 26

July 26

October 25

For more information, contact Altru Clinic Crookston at 218.281.9100.

## Summer Travel and OTC Medication Safety

Summer means schools out! A lot of families will be going on vacations this summer, and while it's important to have fun, we also need to remember to keep our kids safe while traveling. Some children and adults have medications they need to take daily, so it would be important to remember to bring them while traveling, but most parents don't think about the dangers that lurk while traveling with medicine and children.

It is important to keep all your medicines in their designated bottles with childproof caps. Do not put

medicine in plastic baggies, this can make for easy access for children or not remembering what each pill is.

Here are some helpful hints if you are traveling this summer with medicine and children:

- Pack medications in carry-on luggage
- Make sure your child does not have access to carry-on bags with medication
- Keep the number for poison control handy (1-800-222-1222)
- Keep medication in their original bottles
- If possible, keep medication in a

small lockable bag

- Keep medication up, away and out of sight once you've arrived at your destination



# Gun Shooting Deaths

The topic of gun violence has been in the news a great deal lately with the school shootings that have taken place. While Safe Kids Grand Forks does not deal with intentional injuries, we certainly want to use this time to focus on gun injuries and deaths that are unintentional and preventable in nature.

According to Everytown For Gun Safety, nearly 2 million American children live in homes with guns that are not stored responsibly, as defined by the American Academy of Pediatrics — locked and unloaded, stored separately from ammunition. Every year, hundreds of American children gain access to firearms and unintentionally shoot themselves or someone else.

To better understand these shootings – and how they can be prevented – Everytown is collecting information about unintentional shootings by children that result in death or injury. You can search a map such as the one here to see the deaths per year per state. <https://everytownresearch.org/nota-naccident/#2210>



Since 2015, according to Everytown For Gun Safety, there have been at least 886 children that have died or

been injured from unintentional shootings in the US (Injured: 542, deaths: 344). While these look like simple “dots on a map”, let us remember that these indicate the life of a child that was affected by a gun. As parents and caregivers, here are some tips to keep gun ownership safe for the children in your homes. We need to take extra precautions when kids are in an environment where guns are present as they often don’t understand the consequences of playing with a gun.

## Store Guns and Ammunition Safely

- Store guns in a locked location, unloaded, out of the reach and sight of children.
- Store ammunition in a separate locked location, out of the reach and sight of children.
- Keep the keys and combinations hidden.
- When a gun is not in its lock box, keep it in your line of sight.
- Make sure all guns are equipped with effective, child-resistant locks.
- If a visitor has a gun in a backpack, briefcase, handbag or an unlocked car, provide them with a locked place to hold it while they are in your home.
- Leaving guns in a nightstand, table or other place where a child can gain access may lead to injuries and fatalities.



## Talk to Your Kids and Their Caregivers

- Explain how a gun your kids might see on television or a video game is different from a gun in real life.
- Teach kids never to touch a gun and to immediately tell an adult if they see one.
- Talk to grandparents and the parents of friends your children visit about safe gun storage practices.

## Dispose of Guns You Don’t Need

- If you decide that you no longer need to have a gun in your home, dispose of it in a safe way. Consult with law enforcement in your community on how to do so.

**Safe Kids Grand Forks, in partnership with the Grand Forks Sheriff’s Department, offers FREE gun locks to anyone that needs them. Please contact our office at [safekids@altru.org](mailto:safekids@altru.org) or 701.780.1489 and let us know how many you need.**



# Safe Kids Day Reaches Hundreds

The 6th annual Safe Kids Day event was held at the Grand Cities Mall in April. It was a little chilly outside but that didn't stop almost 600 kids, parents and caregivers from coming out to learn about injury prevention and have fun while doing it.

We had over 25 booths and activities for kids of all ages including a mini "pool" ball pit, a bouncy house, BB

Gun range and even a giant Chutes and Ladders game where the participants were the game pieces. This event brings together many different agencies that are a part of our Safe Kids coalition. It takes over 100 volunteers to pull off Safe Kids Day! Thank you to all who volunteered their time, especially the UND College of Nursing Students and ATO Fraternity. With the

generosity of our sponsors we were also able to raise over \$5,000 to put towards our injury prevention efforts.

Watch for next year's Safe Kids Day the end of April – it will have a new location and be BIGGER and BETTER. We are excited for the changes and new partnerships that will be happening in 2019!



**SAFE KIDS DAY**  
Thank You to our Sponsors!

Presenting Sponsor: THI Hospitality



Gold Level:



Silver Level:



Bronze Level:



**SAFE KIDS**  
GRAND FORKS  
We thank you for your support of our injury prevention programs. Together, we are keeping kids safe!!



# PLAYGROUND SAFETY:

## AGE-APPROPRIATE EQUIPMENT

To help keep your child safe, use playground equipment designed to fit your child.

Child development experts and parents agree play is an essential part of childhood. Children learn through play and need opportunities to take risks, test their limits, and learn new skills. Playgrounds are important places for children to have fun, explore, and grow. Outdoor play areas can help children develop emotionally, socially, intellectually and physically.

### EMOTIONAL DEVELOPMENT

Well-designed play areas can help create positive emotional development for children. Appropriately designed play areas allow younger children to explore new ideas. Parents can help nurture positive emotional development by observing, supervising, facilitating, and complimenting.



### SOCIAL DEVELOPMENT

Outdoor play areas may be one of the first social experiences for some children. Good play areas offer children opportunities to play alone or with other children. The playground should allow younger children to easily manipulate items, explore spaces, and begin to interact with others. Play areas for school-aged children should encourage social growth and cooperation.



### INTELLECTUAL DEVELOPMENT

Playgrounds are a fun way for children to develop intellectually. Playgrounds offer opportunities to learn problem solving skills, to explore, and to manipulate items. Exploration areas include nature trails, large composite structures, and play houses. Manipulative equipment includes sand boxes, sand diggers, water-wheels, loose parts, and construction materials.



Trauma Services





## PHYSICAL DEVELOPMENT

Outdoor play areas can facilitate physical development. However, not all playground equipment is appropriate for all children.

Because children are developmentally different in size and ability, play equipment on public playgrounds is specifically designed for three stages of development:

- » Toddlers ages 6-24 months
- » Preschool ages 2-5 years
- » School-age ages 5-12 years

If you have to lift your child onto piece of playground equipment, it is a good sign that the equipment is not developmentally appropriate for your child. For example, steps or railings on a playground designed for school-age children maybe too far apart for a preschool age child. Play equipment for school-age kids is designed to match their coordination and strength but may cause a fall resulting in an injury if used by a younger child.

Although many injuries related to inappropriate design involve younger children playing on equipment designed for older children, the opposite can also lead to injury. Equipment that is too small is not developmentally challenging and older children will create hazards by misusing the equipment. Your child should play on equipment appropriate for their age.

Ideally, play areas for younger children should be separated from those meant for older kids with signs clearly designating each area to prevent confusion.

FOR CHILDREN  
AGES  
**6-23**  
MONTHS

FOR CHILDREN  
AGES  
**2-5**  
YEARS

FOR CHILDREN  
AGES  
**5-12**  
YEARS



**Children ages 6 months to 23 months (Toddlers)** are learning to crawl, to walk and to climb. Playgrounds designed for toddlers offer equipment for a child to crawl through and ground level equipment they can climb over.

**Children ages 2 to 5 years (Preschoolers)** are learning how to balance. Playground equipment designed for preschoolers helps to promote balance and provides children the ability to climb over things and manipulate objects. Play areas for preschoolers should offer areas with smaller steps and crawl spaces. Appropriate play areas for children ages 2 - 5 years could include: areas to crawl; low platforms with multiple access such as ramps and ladders; ramps with pieces attached for grasping; low tables for sand, water and manipulation of materials; tricycle paths with various textures; flexible spring rockers; sand areas with covers; and shorter slides, usually no taller than 4 feet. For preschool children no piece of equipment should be higher than 6 feet.

Equipment NOT Recommended for Children Ages 2 - 5

- » Chain or cable walks
- » Fulcrum seesaws
- » Log rolls
- » Track rides
- » Swinging gates
- » Free standing arch climbers
- » Free standing climbing events with flexible components
- » Overhead rings
- » Parallel bars
- » Spiral slides (more than one 360° turn)
- » Vertical sliding poles



**5 to 12 year olds (school-age children)** are starting to become extremely active and developing new skills and really building muscles. Developmentally appropriate play areas for school-age children could include: rope or chain climbers on angles; climbing pieces; horizontal bars; cooperative pieces such as tire swings, slides and sliding poles; and open spaces to run and play ball. The equipment also needs to be at the right height for school-age children, no piece of equipment should be higher than 8 feet.





# Yard and Small Engine Safety

Everything you need to know to keep your kids safe.

It's that time of year again. The lawn begins to green up which means it's time to mow. Every summer, 30 million power lawn mowers are in use in the United States. The U.S. Consumer Product Safety Commission (CPSC) data shows that each year about 400,000 people are treated in hospital emergency rooms for injuries from lawn tools. A few simple precautions may help you enjoy your time spent outdoors, and help you get your work completed more efficiently.



## General Safety

- » Before mowing, trimming or edging, read the owner's manual, and pay particular attention to safety recommendations.
- » Start the mower on level ground where you have firm footing. Mow parallel to a slope. Never pull the mower toward you always push it.
- » Do not tamper with built-in safety devices; they are there for good reason.
- » Clear the lawn of sticks, stones, toys, and anything else that might be thrown by the mower, trimmer or edger.
- » Be sure the yard is clear of children and pets. Always be aware of where others might be in the yard. A moment's distraction could mean tragedy.
- » When using equipment, wear sturdy shoes with rough soles. Never go barefoot or wear sandals.
- » Keep hands and feet away from the mower housing and never unclog the mower when it's running.
- » Keep children away from equipment unless you're sure they're trained in how to use it and know the associated dangers.
- » Don't mow, trim or edge in "blind spots". There may be hidden objects under bushes, hedges or in trees.
- » Be aware of the lawn surface; watch out for holes and tree roots.
- » Never leave equipment running or leave tools where others might stumble over them.

## For Gasoline Mowers

- » Fill your gas tank before you start, while the engine is still cold. Wipe up all spills. And never smoke near gasoline.
- » Always turn off the mower and disconnect the spark plug wire before unclogging the machine or adjusting it. Gasoline mowers can start even when they're turned off if the blade is rotated.

## Hedge Trimmers/Weed Trimmers/ Lawn Edgers

- » Wear safety eye protection. It's also a good idea to wear long pants when doing lawn work to protect your legs from abrasions.
- » If trimmers become lodged on something, disconnect the power source before attempting to dislodge it.
- » Remember weed trimmers are intended for groundwork only, not for overhead work in trees or bushes where the hazard of flying debris is a real possibility.
- » When using a weed trimmer, disconnect power before advancing the line if it is a manual-feed trimmer.



# Boating Safety Courses



The North Dakota and Minnesota Game and Fish Departments offer the *Boat North Dakota/Minnesota* courses for those who are new to boating or who wish to take a refresher. **This course is required for ND youth ages 12-15 (MN is 12-17 years old) who want to operate by themselves a boat or personal watercraft with at least a 10 horsepower motor.**

- **Home Study Course - Free of**

**Charge** Order a free Boat North Dakota course. Write North Dakota Game and Fish Department, 100 N. Bismarck Expressway, Bismarck, ND 58501-5095; email [ndgf@nd.gov](mailto:ndgf@nd.gov); or call 701-328-6300. A boater education card will be mailed within 10 days of passing the course.

- **Online Course - Cost - See providers listed below for cost.** The online Boat North Dakota course is \$29.95, retries are free. Upon completion of the test and after providing a credit card number, students can print a temporary

certification card. A permanent card will be mailed within 30 days.

The online Boat Minnesota course is \$22.50.

[www.boat-ed.com/northdakota](http://www.boat-ed.com/northdakota)  
[www.boat-ed.com/minnesota](http://www.boat-ed.com/minnesota)



# Fireworks Safety Tips

## Leave Fireworks to the Professionals

1. The best way to protect your family is to not use any fireworks at home. Instead, attend public fireworks displays and leave the lighting to the professionals.
2. If you plan to use fireworks, make sure they are legal in your area.

## Be Extra Careful With Sparklers

1. Little arms are too short to hold sparklers, which can heat up to 1,200 degrees. How about this? Let your young children use glow sticks instead. They can be just as fun but they don't burn at a temperature hot enough to melt glass.

2. Closely supervise children around fireworks at all times.

## Take Necessary Precautions

1. Do not wear loose clothing while using fireworks.
2. Never light fireworks indoors, in metal or glass containers, or near dry grass.
3. Point fireworks away from homes, and keep away from brush, leaves and flammable substances

## Be Prepared for an Accident or Injury

1. Stand several feet away from lit



fireworks. If a device does not go off, do not stand over it to investigate it. Put it out with water and dispose of it.

2. Always have a bucket of water and/or a fire extinguisher nearby. Know how to operate the fire extinguisher properly.
3. If a child is injured by fireworks, immediately go to a doctor or hospital. If an eye injury occurs, don't allow your child to touch or rub it, as this may cause even more damage.

# Summer Bugs & Such!

The summer newsletter serves as a timely reminder to review mosquito and tick-related illnesses. In the upper Midwest, two afflictions are most common: Lyme Disease and illnesses related to the West Nile Virus (WNV). My goal of this essay is to dispel many common misconceptions and to give everyone a basic understanding of these two illnesses.

WNV is a virus first isolated in a patient in the West Nile province of Uganda in 1937. WNV has undergone a transformation from once being thought of as a simple nuisance illness to dramatic increases in incidence and severity following its introduction to North America in a New York outbreak in 1999 where 7 deaths occurred. It has now been detected in all 48 continental states. WNV is very likely under-represented in statistics in that the clear majority of patients are either asymptomatic, have very minor symptoms, or simply aren't tested. Nearly all are due to mosquito bites from the Culex species of mosquito. Birds, having very high levels of the virus, are the primary host.

As mentioned previously, most patients infected with WNV never develop any symptoms. 20-40% will develop some symptoms, generally 2-14 days after a bite. Symptoms are often mild and flu-like, including fever, headache, and body aches. Symptoms such as this in mosquito season might prompt consideration of WNV. Symptoms are often minor

and resolve of their own in 3-10 days.

Approximately 1/200 people who are infected with WNV will go on to develop more severe symptoms of invasive disease of the nervous system, such as meningitis or encephalitis. These are much more commonly represented in elderly patients with WNV. Symptoms can range from fever and mild headache and stiff neck to confusion, coma, and death. Death rates with meningitis and encephalitis from WNV range from 2-12%, again the vast majority occurring in the elderly.

Testing for WNV involves blood tests, and specific testing of the spinal fluid in those with invasive nervous system disease. Treatment of WNV is supportive, with no cure known. There are some experimental treatments and vaccines currently in research. The primary treatment is prevention. Standing water is a prime breeding ground for the mosquito, and should be drained. Personal protection is encouraged, using a variety of insect repellants. Local community mosquito control programs are also effective, using larvicides and insecticides.

Lyme Disease is the most common tick-borne illness in the United States, and is named after Lyme, Connecticut, where the first outbreak occurred in 1975. It is a bacterial infection spread by the infected saliva in a bite of a specific deer tick, the Ixodes species. The



illness occurs in high frequency in 10 states, 8 of which are in the Atlantic seaboard, as well as two states with a very high incidence in the upper Midwest, Wisconsin, and Minnesota. North Dakota has a much lower incidence, but certainly many residents in the eastern part of the state travel to the wooded lake country of Minnesota on summer weekends.

Deer ticks are very small, 2-3 millimeters, about the size of a poppy seed, smaller than most other common ticks. They are most active in the spring and early summer. Their preferred host is the white-tailed deer. Those people at highest risk of contracting disease are those that work or play in or near wooded areas where the deer tick resides.



Continued on Page 17



# Summer Bugs & Such! ~continued from page 16

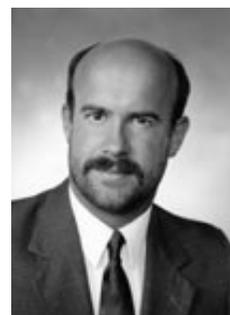


It must be a deer tick, it must have been attached for at least 36 hours (usually engorged by this time), medicine must be given within 72 hours of removal, tick infection rates for Lyme in the area must be greater than 20% (Minnesota qualifies), and there must be no contraindication to doxycycline (pregnancy, age less than 8, breast-feeding). Another option is to simply wait and see if there is development of the classic EM rash, which would indicate Lyme Disease, and to start the 21 day antibiotic treatment for Lyme Disease, using either amoxicillin, doxycycline, or cefuroxime (Ceftin). There is formal confirmatory blood testing for Lyme Disease that can be completed, usually done a short time after the rash has started.

Our pets can get Lyme Disease as well. Our beloved Cairn terrier, Cooper, contracted Lyme Disease from the woods of the Bemidji area several years ago, got very sick, but the Raymonds are happy to report that, after antibiotics, he was promptly back to terrorizing squirrels and UPS drivers up and down the neighborhood.

Have a great summer!

Submitted by: Jon Raymond, MD  
FACEP / Altru Health System—  
Emergency Medicine



Continued from Page 16

Lyme Disease initially can feel like the flu, with symptoms including fever, fatigue, body aches, and headache. 80% of those infected will get a classic target bulls-eye rash called erythema migrans (EM). This is not to be confused with the small area of redness near the bite sight which is very common. More serious symptoms of Lyme Disease may ensue, and can involve the joints, nervous system, and the heart.

Lyme Disease is almost NEVER transmitted unless the tick has been attached for 36 hours following an exposure, at which time the tick is usually engorged with blood. In other words, to find a tick crawling on your skin or clothes is not consistent with an exposure. There is less than 1/100 risk of Lyme Disease if the attached tick is not

engorged.

To remove an attached tick, use a tweezer and grab as close to the skin as possible. Don't squeeze the body. One may use their fingers as well. Following removal, disinfect the skin and wash your hands. Don't attempt to remove any mouth part that remain in the skin. They will eventually fall out. Additionally, there is no need to save the tick for testing.

The best treatment again, as for many diseases, is prevention. Anticipating a potential for an exposure, one should wear long sleeves and long pants, tucking pant bottoms into socks. Use Deet (avoid in children less than two months). Following a hike in the woods, be sure to examine yourself and check your clothes for ticks. There is an antibiotic which may be taken after a high-risk exposure that might prevent Lyme Disease. Doxycycline 200mg taken one time only may be considered under certain conditions:



# Girl Scouts Thank You!

Recently, Safe Kids Grand Forks was asked to provide an educational session to an East Grand Forks Girl Scout Troop to prepare them to receive their independence badge. Jessica Knutson from our office provided an hour and a half presentation for this group of girls and the following note was received by their troop leader. We thank the troop for the invite and encourage other Girl or Boy Scout troops to reach out to use some of the many resources we have available to loan out.

“Thank you so much Jessica for presenting at our Girl Scout meeting last night! You did a wonderful job!! There were so many things you discussed that I had not thought of and we so appreciate that! The girls are at that important age of considering staying home alone and they were educated so well!!! Thanks again!”

Kelly – Troop Leader



## Farm Safety



Spring has finally arrived and that means the farmers will be back out in the fields. Did you know that nearly 1 million children age 14 and under live on farms and ranches in the United States? These children have a significantly greater risk of unintentional injury-related deaths from agricultural injuries, motor vehicle crashes, drowning and alternative modes of transportation.

Children living on farms are exposed to hazards every day because some parents have difficulty providing constant supervision and children may end up doing work tasks that are inappropriate for their age. Approximately 70 children, age 14 and under, die from farm injuries each year. 150,000 children each year suffer

a preventable injury associated with farming.

Here are some safety tips to follow to help prevent farm injuries and deaths:

- Do not allow children to perform inappropriate aged tasks
- Use safety seats and belts correctly and do not ride in truck beds
- Never allow children under 16 to operate machinery, ATVs, snowmobiles or large lawn tractors
- Teach children never to go into a farm pond without supervision
- Teach children never to climb into trucks or bins loaded with grain
- Never remove safety features from machinery

# Hydration

Summer is coming soon and that means warmer temperatures. Warmer temperatures make us think of water and to stay hydrated while outside this summer! Dehydration occurs when a body loses more water than it takes in. When kids do not drink enough water while playing sports or outside they can be at risk for dehydration, heat exhaustion or even heatstroke.

**Here are some tips to keep hydrated this summer:**

- Bring a water bottle

- Drink enough water before, throughout and after the activity.
- Take regular breaks

**Signs and symptoms of dehydration:**

- Muscle cramping in calves
- Faintness or dizziness
- Nausea
- Rapid heartbeat
- Collapse
- Emotional instability
- Very high body temperature



Water is the best drink for proper hydration, but if your child is at play for more than an hour it is best to also drink something with electrolytes to replace what they have lost.

## DO YOUR MOWING HABITS NEED A MAKEOVER?



### Mowing Safety Tips:

- Never allow children to ride on mowers as passengers.
- Keep children off the lawn while mowing.
- Pick up potential flying objects, such as stones and toys, before you start mowing.
- Do not pull a mower backward or ride it in reverse unless absolutely necessary. If you do mow backwards, carefully look for children behind you.
- Dress properly. Wear substantial shoes, long pants and close-fitting clothes. You may want eye or hearing protection.

Between 2014 and 2016, an average of **36,000** people were treated each year in hospital emergency rooms for riding mower injuries.



# How to Prepare for Parenthood When You Have a Disability



Photo courtesy of Sean Roy

If you are living with a disability, you have seen first hand how it impacts your daily life. Although people who are living with disabilities can face unique hardships, the journey to becoming a parent doesn't have to be one of them. Whether your disability or impairment resulted from genetics, an accident or injury, or other causes, it doesn't necessarily have to prevent you from realizing your lifelong dream of one day holding your very own child in your arms.

According to the American Community Survey (ACS), nearly 13% of Americans are currently living with some form of disability. Many of these people are able to lead normal, healthy lives. With some extra time, practice, and modification, they can play sports, live independently, cook their own meals, and drive cars.

The same is true with parenting. Although some hopeful parents with disabilities and impairments may struggle to get pregnant or to adopt a child, many able-bodied individuals face similar struggles in their journeys to parenthood. Likewise, family planning and proactive efforts provide opportunities for many people to become parents, including those who are living with a disability.

If you've decided to take the journey towards parenthood, here are some

ways you can prepare your life and your home:

## Home Preparation

Keeping your children safe is the number one priority for all parents, whether disabled or not. Luckily, there are many modifications you can make to your home to make it safer for yourself and your future children.

For instance, if you are visually impaired, you might get creative and attach jingling bells to your child's clothing in order to keep up with his or her location. Meanwhile, if you have a condition such as cerebral palsy, there are a variety of wheelchair accessible changing tables, cribs, and other custom devices to make your new life as a parent much easier on you.

## Resources

These days, there are many organizations and resources dedicated to supporting disabled parents. For instance, you might contact Parents with Disabilities Online or Through the Looking Glass (TLG).

In addition, visually impaired individuals may contact the National Federation of the Blind (NFB) for support and assistance from people who are knowledgeable about their specific condition.

Living with a disability can be difficult at times but it doesn't have to prevent you from realizing your dream of becoming a parent. If having children is important to you, you can start proactively planning for parenthood by taking advantage of some of the resources listed above. By doing your research, you can prepare your life and your home for the joys of having a child - just like any other parent. Good luck! This information has been provided by:

**Ashley Taylor**

[ataylor@disabledparents.org](mailto:ataylor@disabledparents.org)  
[disabledparents.org](http://disabledparents.org)



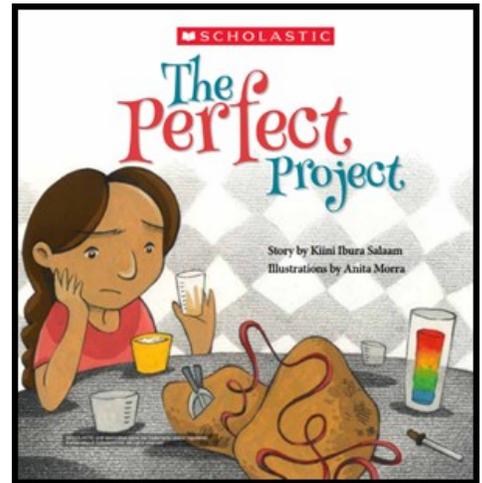
As we head into the summer months, we at Safe Kids Grand Forks and the National Weather Service offer these summer storm warning reminders:

- ◆ Make sure if children are left home alone that they know how to respond in a weather emergency. Do they know where to go in the house if a tornado is coming? What do they do if they are at a park?
- ◆ Make sure your home is equipped with flashlights and batteries in the event of a power outage.
- ◆ Discuss your family's emergency plan with everyone in your home. Make sure they know to stay away from windows during a tornado and from power lines that are downed. Also, if lighting begins, remind kids to get inside a building or make their way home.
- ◆ As a reminder, many communities test their storm warning systems each week. Make sure your children know when they are being tested and when they are real.

# OTC Resources

Teaching young children about medication safety can be made fun with this digital storybook that is available as part of the Scholastic OTC (over-the-counter) Medication Safety website. Check out this book and many other resources available on the website created for teachers, parents, healthcare providers and other caregivers. You will find a medication curriculum and lots of great resources to help kids learn about this important safety topic.

[http://www.scholastic.com/otc-med-safety/pdfs/OTCMS\\_Digital\\_Storybook\\_The\\_Perfect\\_Project.pdf](http://www.scholastic.com/otc-med-safety/pdfs/OTCMS_Digital_Storybook_The_Perfect_Project.pdf)



## OVER-THE-COUNTER MEDICINE SAFETY

The full website for the OTC Medication Safety Program can be found at: <http://www.scholastic.com/otc-med-safety/>

## BLAST!

### Babysitter's Lessons And Safety Training!

BLAST! is a babysitting class designed by the American Academy of Pediatrics to teach 11 – 14 year olds about the responsibilities of caring for children. Attendees receive a certificate of completion and a course manual.



This class will be offered at Safe Kids Headquarters on the following dates:

June 2, 9am-3pm(FULL)

June 23, 9am-3pm(FULL)

July 10, 12pm-3pm + July 11, 12pm-3pm

August 8, 12pm-3pm + August 9, 12pm-3pm

September 15, 9am-3pm

November 17, 9am-3pm

Cost: \$55.00 (includes lunch or snack)

Registration is required and class size is limited.

For more information, please call 701.780.1489.

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K:IDS**  
GRAND FORKS

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HEALTH SYSTEM



# Grilling Fire Safety

Stay fire safe this summer! Follow these grilling safety tips.



Only use your grill outside. Keep it at least 3 feet from siding, deck rails and eaves.



Clean your grill after each use. This will remove grease that can start a fire.



Open your gas grill before lighting.



Keep a 3-foot safe zone around your grill. This will keep kids and pets safe.



Place the coals from your grill in a metal can with a lid once they have cooled.



Keep an eye on your grill, fire pit or patio torches. Don't walk away from them when they are lit.

**Stay fire safe this summer!**  
For more information and resources, visit [www.usfa.fema.gov](http://www.usfa.fema.gov).



# SUMMER VEHICLE SAFETY



Leaving the windows open has **little effect** on how hot it is inside the car.

Heatstroke can happen to good parents!

Even in the shade, the temperature in the car can still rise quickly to **dangerous levels.**

## SAFETY TIPS

**NEVER** leave children unattended in a vehicle. NOT EVEN FOR A MINUTE!

**ALWAYS** check the backseat. Put your wallet, shoe or purse in the back as a reminder.

**ALWAYS** keep vehicles locked and keys out of reach.

**MAKE** arrangements with your childcare provider to call if your child is absent.

**CALL 9-1-1** if you see a child alone in a vehicle.

### How long does it take for a car to get hot?

outside	inside vehicle	
	10 mins.	30 mins.
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

**How do children die of heatstroke in a car?**

- 58%** Forgotten (nearly half not dropped off at childcare)
- 28%** Gained an access on their own
- 17%** Left Intentionally
- 1%** Unknown

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6053-0398 MAY 17

# How to Find a Safe & Reliable Life Jacket for Your Infant or Toddler

Choosing a life jacket can be tricky. They're bulky. They can be uncomfortable. Kids refuse to wear them.

Here's what you need to know about buying a life jacket for your kids - along with recommendations for the best, most comfortable ones.

1. Stohlquist Toddler Life Jacket Coast Guard Approved Life Vest for Infants
2. O'Neill Wake Waterski Infant USCG Vest
3. Stearns Puddle Jumper Basic Life Jacket
4. Stearns (2000013890) Infant Hydro PFD, Gold

## When should my child wear a life jacket?

Children and teens should wear a life jacket any time they are on a boat, raft, inner tube or swimming in open water like lakes, rivers or the ocean. Children birth to 5 years old should also wear a life jacket while in or near water. This includes while they are on a beach or dock. Children between the ages of 6 and 11 should also wear a life jacket while on docks and river banks. Many people who drown never meant to get wet, but fell in the water. Wearing a life jacket is a simple way to stay safe while near water and in the water.

## Why Does My Child Need a Life Jacket?

Drowning is the number one cause of accidental death in the world. Drowning deaths are highest among children ages 1-4, followed by children ages 5-9. Combined with

adequate adult supervision, wearing a life jacket while in or around the water is your child's best protection against drowning.

My child knows how to swim. Is a life jacket still needed? Yes, if you or your child or teen are in a boat or swimming in open water that is outside of a life-guarded area, wear a life jacket. Life jackets are a layer of protection and can keep you warmer as you wait for rescue. Why? Unlike the calm waters of a pool, open water can have dangers such as cold temperature, currents, rapid changes in depth, weeds and grasses or jagged rocks. If you fall out of a boat or the boat sinks, there's no time to put on a life jacket. There may be no place for a cold, tired or panicked swimmer to rest. These dangers are a real threat to even the best swimmers. Even good swimmers can be overcome by currents, cold water or becoming overly tired.

And while boating, if an emergency were to happen and you or your child were to lose consciousness, the life jacket can keep them safely afloat - and even flip them face-up depending on the jacket's design - until help arrives to pull them from the water.

Finally, life jackets allow your child to experience all the fun and excitement the water has to offer in a safe way and help them to develop water confidence. As your child grows and becomes old enough to



learn how to swim, you want them to be well-acquainted with water and to love it - not to be afraid of it. Wearing a life jacket in the early years will not only keep your child safe, but allow them to expand their horizons.

## How Does a Life Jacket Protect My Child?

Life jackets protect their wearers in a number of ways:

- **Buoyancy:** Life jackets allow the wearer to float in the water. They are filled with a very buoyant material (these days it's usually foam) that can displace a large amount of water in relation to its size and weight.
- **Visibility:** Depending on the color you choose, a life jacket can keep your child visible in the event of an emergency. The top colors to choose for visibility in the water include red, orange, and yellow. Stay away from blues, grays, and other dull colors.
- **Head Protection:** Some models of life jackets are designed to flip your child on their back to keep their face above water. These are ideal for infants or potentially dangerous water sports that could result in the user becoming unconscious and unable to flip

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# How to Find a Safe & Reliable Life Jacket for Your Infant or Toddler

~continued from page 24

themselves.

- **Security:** Unlike unapproved flotation devices, most children's life jackets come with a crotch strap to ensure they do not slip off if a child falls in the water.

## What Types of Life Jackets are available?

- **Type I:** These life jackets are intended for offshore ocean use, where the water has a tendency to be rough and unpredictable. They are very effective for flotation, but tend to be bulky and uncomfortable. It is difficult to find Type I life jackets for children.
- **Type II:** When purchasing a life jacket for your child, this is the type that you are most likely to come across. Type II life jackets are designed for use in calmer waters and used when boating or fishing. They are less buoyant than Type I but also less bulky, making them more comfortable. They are not suitable for rough waters.
- **Type III:** These life jackets are less buoyant than Type II jackets and most appropriate for well-supervised water activities where a rescue would be immediate. They do not flip the wearer on their back upon falling into the water. These are also widely available in children's sizes.
- **Type IV:** These are throwable devices (like life rings/life preservers) that are tossed into the water to a person in distress. They are not appropriate to rely

on for children as a child would need to tread water and swim before being able to access the thrown device.

- **Type V:** These are specialized life jackets that were designed for a very specific water use. If you are shopping for a life jacket for your child, you will not likely purchase a Type V.

## Swimsuits with built-in life jackets

Check the label on this type of suit, since some are not U.S. Coast Guard-approved. When any part of this type of suit fades to the color of the inside label, it must be replaced because it no longer meets the Coast Guard strength requirement.

## When purchasing a life jacket, make sure you look for the following:

- Check that the life jackets are U.S. Coast Guard-approved.
- Check for a good fit. Life jackets go by size and weight of your child. Do not buy a life jacket for your child to "grow into."
- When the life jacket is fastened, it should be snug, yet comfortable. Lift your child by the shoulders of the jacket; your child's chin and ears should not slip through if it fits well.
- For younger children, choose a jacket with both a collar for head support and a strap between the legs.
- Pick a bright color life jacket. They're easier to see in the water.
- How a life jacket looks and its color really matter to older kids and teens. Have your child or teen help you find a jacket that appeals to them.

## What else do I need to know?

- Fasten all straps, zippers and ties for best protection.
- Check jackets each year for fit, wear and tear. Throw them away if you find air leakage, mildew or rot.
- If a child were to panic in the water and thrash about, they may turn onto their face. Take time with your child to practice wearing a life jacket and leaning back in the water.
- As your child grows, make sure the life jacket fits and appeals to them.
- Never make changes to a life jacket, like taking off or adding parts. It will not be as safe if you do.
- Water wings, rafts or plastic rings are not designed to keep swimmers safe. Never use them in place of a life jacket.
- Life jackets that self-inflate are an option for adults or teens that are at least 16 years old.

Remember, life jackets only work when they are worn, and do not take the place of adult supervision. It's also important for your child or teen to learn swimming, water survival and water safety skills. Even if you don't own a boat, buy life jackets for yourself and your child. Carry them in your car during the summer. That way, you will have one that fits each of you in case there aren't any to rent or borrow when you are near the water or going out on a boat.

Source:  
Seattle Children's Hospital, Research, Foundation.



Safe Kids Grand Forks has teamed up with many agencies throughout our coverage area to offer our Life Jacket Loaner Program. Just visit one of the sites listed below and check out as many life jackets as you need for up to 2 weeks for FREE! Whether you are headed somewhere with a pool or have extra company visiting at the lake, make sure everyone has a life jacket! Need a life jacket for a longer period of time? Safe Kids also has new life jackets available to purchase for only \$20 each. They are available in infant through adult sizes. Please call our office for more information and to arrange pick up. 701.780.1489

**Safe Kids Grand Forks Life Jacket Loaner Program**

To learn more about the Life Jacket Loaner Program, contact the YMCA Aquatics Director at (701) 775-2586 or visit the YMCA at 215 N. 7th St. in Grand Forks.





**Icelandic State Park Life Jacket Loaner Program**

To learn more about the Life Jacket Loaner Program, contact Icelandic State Park at 701.265.4561 or visit Icelandic State Park at 13571 Hwy 5 in Cavalier.






**Drowning claims nearly 8,000 lives annually!  
Drowning is the #1 cause of accidental death of preschool age children.**

**Crookston Life Jacket Loaner Program**

To learn more about the Life Jacket Loaner Program, visit Altru Clinic, 400 S. Minnesota Street, Crookston, MN, or call Carrie Bergquist at 218.281.9108, or Nicole Lindo at 218.281.9131.





**Homme Dam Life Jacket Loaner Program**

To learn more about the Life Jacket Loaner Program, visit Homme Dam, Highway 17 West, Park River, ND, or call 701-284-7841.




**Langdon Life Jacket Loaner Program**

To learn more about the Life Jacket Loaner Program, visit Cavalier County Public Health District, 901 3rd Street, Suite 11, Langdon ND, or call 701-256-2402.





**Mt. Carmel Life Jacket Loaner Program**

To learn more about the Life Jacket Loaner Program, visit Cavalier County Water Resource District, 901 3rd Street, Suite 8, Langdon ND, or call 701.256.2220, or Mt. Carmel Dam Recreation Area at 701.256.3964.




# Hoverboard Injuries Send Thousands of Kids To Emergency Rooms

by Trisha Koriath, Staff Writer

Hoverboards have become a household name. As demand for the two-wheeled motorized balance boards has gone up, emergency room visits also have risen.

A study in the American Academy of Pediatrics (AAP) journal Pediatrics found that hoverboard injuries are like skateboard injuries. Fractures, bruises and sprains were the most common injuries from both riding boards. Riders hurt their wrists most often. They also injured their forearms and heads. Hoverboards caused nearly 27,000 emergency room visits, and skateboards caused about 121,400 visits by children during the two-year study.

One difference was where kids were riding the wheeled boards when they got hurt. Hoverboard riders usually were at home when they were injured, while skateboarders got hurt more often when riding on the street.

Riders should take these steps to avoid injuries.

- **Put a lid on it.** Wear a helmet, and be sure to choose the right one. The AAP recommends that children wear helmets when riding wheeled devices. Look for a bicycle helmet labeled "CPSC standard 10" or a multisport helmet labeled "N-94." Helmets with "bicycle" on the label have passed federal safety tests. Helmets with N-94 on the label have passed voluntary safety tests. Read more about helmets at <http://bit.ly/CPSCHelmet>.
- **Protect wrists, knees and elbows.** Wearing wrist guards protects riders from fractures, sprains and scrapes. Elbow and knee pads absorb the shock of a fall.
- **Provide supervision.** Some children have been injured when they rode hoverboards near hot stoves indoors. Young kids have been hurt when an older rider tried carrying them and they fell. Kids also have had their fingers rolled over or pinched by the wheels.
- **Check local laws.** Before your child rolls away from home, check on



who can use hoverboards and where. In some cities and states, it is against the law to ride hoverboards on public streets, sidewalks and paths. Also, check laws on age limits for riders.

- Prevent fires. Some hoverboard models were recalled because the battery caught on fire when charging or in use. Do not leave hoverboards plugged in and charging overnight or when nobody is home, advises the Consumer Product Safety Commission.

Find out more at <http://bit.ly/CPSCHoverboard>. For more safety tips, visit <http://www.HealthyChildren.org>

## Recreational Off-Highway Vehicle Safety Rules

As summer rolls around, the use of off-highway vehicles (ATV's, Gators, etc.) becomes more common in our part of the country.

Safe Kids Grand Forks and the American Academy of Pediatrics recommends that children under age 16 NOT ride on or drive an ATV-style OHV. These machines weigh up to 700-800# and can travel at very high speeds. They are prone to tipping over and younger kids/youth often do not have the upper body strength to bring them to an upright position. These tips are provided for anyone that uses an Off-Highway Vehicle of any type.

1. Always fasten your seat belt (if provided in such vehicles as a Gator), wear a helmet and other protective gear, and keep all parts of your body inside the OHV.
2. Avoid paved surfaces. OHVs are designed to be operated off-highway.
3. Drive only in designated areas, at a safe speed, and use care when turning and crossing slopes.
4. Never drive or ride under the influence of alcohol or drugs.
5. You must be at least 12 years old and possess an OHV safety certificate to operate and off-highway vehicle.
6. Any person under the age of 16 without a valid driver's license, learner's permit or off-highway vehicle safety certificate may not operate an off-highway vehicle except on the private lands of that person's parent or guardian or as a participant in an organized sporting event that involves the use of OHVs.
7. Never carry more passengers than the OHV is designed for, and never allow a passenger who is too small to sit in a passenger seat to ride in the OHV.
8. Read and follow the operator's manual and warning labels.
9. Take a hands-on ROV Basic Driver Course SM and the free online E-Course. Visit [rohva.org](http://rohva.org) or call 866.267.2751

# Test Your Home to Determine Risk of Radon Gas Exposure

You can't see it, smell it or touch it. The #1 cause of lung cancer outside of smoking is a radioactive gas that everyone breathes in every day, usually at low levels, according to the National Cancer Institute.

Radon gas is produced from a natural breakdown of uranium in soil, rock and water. This radioactive gas can be detected in homes, offices and schools; it enters buildings through cracks in floors and walls, construction joints or gaps around service pipes, electrical wires and sump pits.

When radon gas exceeds acceptable levels, the result can be deadly. Scientists estimate 15,000 to 22,000 lung cancer deaths in the U.S. each year are related to radon.

People who breathe in radioactive particles, swallow water with high radon

levels or are exposed to radon for a long period of time are susceptible to lung damage and lung cancer. The Environmental Protection Agency says nearly 1 out of every 15 homes in America is estimated to have elevated radon levels.

In Utah, the ratio is 1 in every 3 homes that have been tested. Dr. Wallace Akerley of the Huntsman Cancer Institute in Salt Lake City likened living under such conditions to smoking one or two packs of cigarettes a day.

## How Do You Know if You're at Risk?

The EPA reports elevated levels of radon gas have been measured in every state. Everyone is at some risk. Smokers who are exposed to elevated levels of radon gas are at higher risk of developing lung cancer.

Testing is the only way to determine

how much radon is present in your home or drinking water. Short-term (3- to 4-day) and long-term (3- to 12-month) test kits are available. In some cases, manufacturers of these kits will conduct analysis and post results online.

The EPA has created a to help you find a radon test kit or measurement and mitigation professional near you. Do-it-yourself test kits also are available at many local hardware stores.

## How Much is Too Much?

No level of radon exposure is considered completely safe, however the EPA only recommends reducing radon levels in your home if your long-term exposure averages 4 picocuries per liter (pCi/L) or higher. A pCi is a measure of the rate of radioactive decay of radon gas. (These are the tiny particles that can get trapped in your lungs when you breathe.)

## Vision Zero



Every five years, the state of North Dakota writes a state highway safety plan that guides our efforts to keep people safe on our roadways in the areas of engineering, education, enactment of laws and environmental changes. In the past, these meetings were held over two days in Bismarck but this year, the Department of Transportation held stakeholder meetings across the state in local communities to write what will be

referred to as the Vision Zero Plan (based on a new initiative set forth by the DOT and Governor Burgum). We were excited to host a stakeholders meeting in Grand Forks and would especially like to thank the local legislators that were able to make it to this meeting. Their understanding of traffic safety needs and input into this plan will be critical for it to be successful in moving ahead with reducing the number of traffic fatalities on our North Dakota roadways. Pictured here are:

Representative Mark Sanford, Representative Mark Owens, Carma Hanson – Safe Kids Grand Forks



Coordinator, Senator Ray Holmberg, Senator Curt Kreun, Senator Lonnie Laffen. Also attending but not pictured was Representative Emily O'Brien. We thank you for your time and your input into this important process.



# Rearview cameras FINALLY become standard on ALL new vehicles

*KidsAndCars.org and family advocates celebrate major victory in making vehicles safer*

Kansas City, KS – April 30, 2018... After more than 15 years of extraordinary efforts by KidsAndCars.org and other advocacy groups, a long-overdue auto safety standard will be in full effect on May 1, 2018. This standard helps to improve passenger vehicles' rear visibility and prevent deaths from drivers backing into children and adults they cannot see. For over 100 years, vehicles were manufactured without any regulation on what the driver should be able to see behind them when backing.

"This measure will save countless lives, especially of children," stated Janette Fennell, founder and president of KidsAndCars.org, whose organization led the effort. "It is the first federal regulation for rear visibility in our nation's history. It doesn't matter where on earth a vehicle is manufactured, all passenger vehicles sold or leased in the U.S. will now be equipped with a rearview camera as standard

equipment," she explained.

In 2008 Congress enacted the Cameron Gulbransen Kids Transportation Safety Act. The law was named after Cameron Gulbransen who died in 2002 at age 2 after his father, a pediatrician, accidentally backed over him in the driveway because he was unable to see the toddler in the blind zone behind his vehicle.

Each year an average of 226 individuals are killed and over 12,000 injured in backover crashes, reports the National Highway Traffic Safety Administration (NHTSA). Drivers using all three mirrors still cannot see anything in a blind zone 10-50 feet long directly behind their vehicles. Over half of those killed in back over accidents are children under 5 or adults 70 or older, NHTSA's analysis shows.

Bill Nelson, another parent who lost his son, said, "Our family is thrilled that the rule has finally been issued – not just for those of us who worked so hard in memory of our children, but also for

families whose children's lives will be saved by this safety standard." The Nelson family lost their son

Alec after he was backed over because his grandfather could not see him in the large blind zone behind his SUV.

Dr. Greg Gulbransen added, "It's been a long fight, but we're thrilled this day has finally come. It's a bittersweet day, because this rule should have been in place many years ago. Though his own life was short, my son Cameron inspired a regulation that will save the lives of countless others."

For more information on the dangers of vehicle blind zones please visit <https://www.kidsandcars.org/how-kids-get-hurt/backovers/>.

For more information on the rear visibility standard, please visit <https://www.kidsandcars.org/resources/release-the-rear-visibility-standard/>



## Grant Awarded!

For nearly three years, Safe Kids Grand Forks has been assisting West Elementary with their AAA student safety patrol program. With the support of principal Angie Jonasson and patrol supervisor, Corinna Fortwengler, over 40 students have been trained and prepared to assist their fellow students with leaving school safely on a daily basis. The students are outside regardless of the weather and provide a wonderful example of safety.

This winter, West Elementary applied for and received a \$500 enhancement grant for the patrol program. We are excited to announce

that West Elementary is 1 of just 11 schools nationwide to receive the grant.

The announcement is as follows: The AAA Foundation for Traffic Safety will award the Charles M. Hayes Advancement Grant for \$500 to 11 deserving schools. In its 12th year, the grant program was established to provide schools with the needed funds to sustain and grow their programs. 2017-2018 AAA School Safety Patrol Charles M. Hayes Grant Recipients:

- Eastside Elementary, Lake City, FL
- Deep Run Elementary, Elkridge, MD
- Groveland Elementary School, Doylestown, PA
- Hunter B, Andrews, Hampton, VA
- John P. Faber Elementary, Dunellen,



NJ

- Kennedy Elementary, Junction City, WI
- Lulu Ross Elementary, Milford, DE
- Northmont City Schools, Englewood, OH
- Stevenson Middle School, Melrose Park, IL
- Washington Elementary, Trenton, NJ
- **West Elementary, Grand Forks, ND**

A special thanks to Gene LaDoucer, AAA North Dakota for his ongoing support of our safety patrol programming in Grand Forks.



# NDDOT Encourages Motorists To Fill Out Survey On Snow & Ice Control

The North Dakota Department of Transportation (NDDOT) encourages motorists to fill out an online survey about snow and ice control service on North Dakota highways. The NDDOT is interested in getting feedback from the traveling public on snow and ice control service levels during winter weather and storm events.



The survey is available online until May 31, 2018 at 5 p.m. and can be accessed by going to the NDDOT website at [dot.nd.gov](http://dot.nd.gov) or by clicking on the following link: <https://www.surveymonkey.com/r/SnowAndIceControlSurvey>



June 12, 2018

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- ⇒ **Chris Hutton** (Currently at the Grand Forks Sheriff's Department)
- ⇒ **Darin Johnson** (Currently at the Grand Forks Police Department)
- ⇒ **Mike Lee** (Formerly at the Grand Forks Sheriff's Department)
- ⇒ **BJ Maxson** (Currently at the Grand Forks Sheriff's Department)
- ⇒ **Jim Remer** (Currently at the Grand Forks Police Department)
- ⇒ **Andy Schneider** (Currently at the Grand Forks Sheriff's Department)
- ⇒ **Danny Weigel** (Currently at the UND Police Department)

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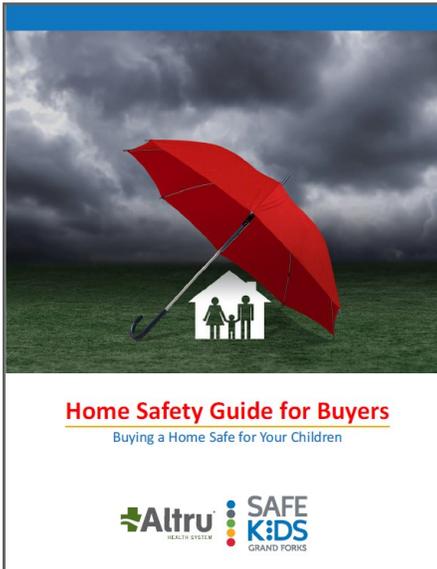
At the end of the year, Grand Forks County Sheriff Bob Rost will be retiring meaning that a new Sheriff will be taking over in that position. There are seven gentlemen that are running for the office in the June Primary Election and we encourage you to get out and vote on June 12. Not sure who to pick for this important position? Safe Kids Grand Forks hosted a Sheriff Candidate Open Forum in which all the candidates participated. If you would like to see how they answered the questions and their vision for the office, please visit our Facebook page at Safe Kids Grand Forks and search the video section. Thank you to each of these men for making childhood injury prevention a topic of discussion in this race.

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## Soon To Be Released: Home Safety Guide For Buyers

Buying a home for the first time brings lots of excitement and anxiety for those involved, especially if you have children to be concerned about in their new environment. Recently, Safe Kids Grand Forks worked with a UND Masters in Public Health student, Naila Saleem to create a guide to help people looking for a home or who have recently purchased one. Naila conducted her internship with Safe Kids Grand Forks and this project was one that she accomplished during that time. We are putting the final touches on the guide and will then have it available in our office and on-line. Watch for more details in our fall newsletter. We thank Naila for her work on this and also Safe Kids Grand Forks Coalition member, Amber Flynn who recently started working for Hatch Realty. Her insight into this document was helpful as well.



## Adapted Aquatics Water Safety Classes

**\*Working with Swimmers with Special Needs\***

Three photographs showing children in a swimming pool. The first shows a child being supported in the water. The second shows a smiling child in a yellow inflatable ring. The third shows an instructor interacting with a child in a wheelchair.

This past year, Safe Kids Grand Forks launched an Adapted Aquatics Water Safety Class designed for children with special needs. The classes were taught at the University of North Dakota and have been met with great reviews. We are working on putting together another series of classes that will kick off in the Fall of 2018. Watch our website for more details of the classes or call our office to be put on a notification list for when the classes get scheduled. If you know of someone that may be interested in attending, please share this information with them; we would love to have them at class!!

Some things make great rummage sale finds and treasures. Other things should NOT be purchased secondhand from a garage sale. . . . Car seats are one of them. Because you can often not verify the crash history of the seat, buying it secondhand is discouraged. Also, crib standards have changed and no longer allow for drop down sides. Unless the crib meets that requirement, you should pass up that purchase as well. Questions, about products? Call our office and check before buying as most rummage sales "don't allow refunds".

