



Want to learn more about your student's safety?

Join Safe Kids Grand Forks and many other community health, wellness, and injury prevention groups, for the Hand On Learning Fair!

April 25th at the Purpur Arena.

For more info visit:

[SafeKidsGF.com/events](http://SafeKidsGF.com/events)



As our weather warms up, getting to school can take on a different look! If you or your student plans to walk, bike, or wheel to school this spring—stay safe with these tips.

**Safety first** – Did you know there are different types and size helmets for biking, skateboarding, and off-road? The safest practice is wearing a properly fitting helmet, made for the mode of transportation you choose.

**Use designated crosswalks** – Always cross streets at marked crossings.

**Stay visible** – Wear reflective, well-fitting clothing (and always your helmet).

**Follow traffic signals** – Always obey traffic signals & signs, be aware that drivers may not be looking for you.

**Avoid distractions** – Keep your eyes off your phone and be aware of your surroundings.

**Have a safe, planned route, and tell a parent or caregiver when you're on the road.**

**Hiding in Plain Sight:** There are many things we use, if misused, or abused, can be a poison.

Everyday items such as medications, alcohol, household cleaners, perfumes or personal care products, even house plants can be poisonous if misused. According to U.S. Poison Control, while most reports result in nontoxic or minimally toxic exposure, cleaning products and pain killers lead the list of poison exposure fatalities for primary aged students.

**Teach students to:**

- Never taste, touch, or smell anything that could be a poison.
- Always ask a parent or caregiver if they do not know what something is.
- Keep potentially poisonous items locked-up and never accessed without a parent.
- Read and understand labels if they are of the age that are taking medications on their own.

**For parents:**

- READ the label before you give medicine to a student. Store medicines in original containers.
- Use the right dosing cup, measuring spoon or syringe. Put the cap back on tightly.
- Lock medicines and household products up high, where children can't see or reach them. Child-resistant closures are not child proof!
- Have the Poison Control Center Hotline programmed into your phone or posted near a phone with a caregiver. That number is 800.222.1222.

REMEMBER: These poison safety rules are for our students, pets, and everyone we love.

## COMMON CAUSES OF POISONING IN CHILDREN

Medications & Vitamins

Household Cleaning Products

Poisonous Plants & Mushrooms

Alcohol and E-Cigarettes

Bug and Weed Killers, Fertilizers

**POISON CONTROL: (800) 222-1222**



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks.

For more information on this and other childhood injury prevention topics, visit [safekidsgf.com](http://safekidsgf.com), call us at 701.780.1489 or email [safekids@altru.org](mailto:safekids@altru.org).



**This information is brought to you by Safe Kids Grand Forks & our partners at MN Toward Zero Deaths.**