

WINTER SAFETY : HOME, ON THE ROAD, AND BEYOND

As the seasons change, it is the perfect chance to review and correct potential poison risks in the home (and on the go!)

Fire and CO detectors are life savers; check your working detectors at least once every month. Have a family fire escape plan at home and when traveling. Review the symptoms of carbon monoxide poisoning such as headache, dizziness, upset stomach, and shortness of breath.

Medications, vitamins, and supplements should be kept in their original, child-proof, labeled containers. Program the Poison Help number 1-800-222-1222 into your cell phone if you need it at home or on the road and assure that guests coming into your home over the holidays have their medications safely stored.

Winter weather can be unpredictable, whether it's snow, sleet, or ice, road conditions require thinking ahead for safety !

- ❄ Preparation is key. Pack a vehicle emergency kit including items such as deicing liquid or pellets, snow shovel, first aid kit, flashlight, food, and a warm blanket.
- ❄ Remember to leave yourself enough time to drive at a safe speed, slow down and increase your following distance on the road—adverse weather leaves the road surface slick and potentially dangerous. Ride along with new drivers to assure they know these winter driving skills too.
- ❄ If you are stopped or stalled, stay in your car, stay warm, leave a marker or emergency light on to indicate you need assistance.
- ❄ BE MINDFUL OF CARBON MONOXIDE POISONING. Put a collapsible shovel in your car to help clear snow from the exhaust area of your car if stranded.

Tools to brave winter weather on the road



Holidays, warm beaches, visiting family—this time of year can get us on the road, cruising the high seas, and in the air. Know how to keep your student safe during this traveling season.

Before you leave home, learn the passenger safety laws for the mode of transportation and your destination.

- ⇒ [Safekids.org/in-your-area/safety-laws/](https://www.safekids.org/in-your-area/safety-laws/) lists passenger and traffic safety laws in every U.S. state.
- ⇒ Car rental agencies, trains, and airlines often have safety seat restraints for students on loan, to rent, or better yet, consider bringing your child's car safety seat with you for the trip. Regardless of state laws, follow "best practice", using child safety seats appropriate for age, height, and weight for all travel, use booster seats for children shorter than 4'9" on the road. Our office has great travel seat options so give us a call for options.
- ⇒ Remember, hotel rooms and other areas are not 'child-proof', so pay special attention to electrical outlets, cords, doors to outside and swimming areas, alcohol, and accessible medications or poisons.
- ⇒ Draft a safety plan for possible activities—riding ATVs, bikes, scooters? Pack or have access to a helmet and safety gear that fits your student properly. On the water? Lifejackets! You get the drift.

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, call us at 701.780.1489 or email safekids@altru.org.



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