



## **FOR IMMEDIATE RELEASE**

### **National Childhood Injury Prevention Week**

Kent, Wash – September 2, 2017– The first week of September is National Childhood Injury Prevention Week, and is a time to focus on what we can do as parents, guardians, and adults to keep children safe.

#### Back to School:

- Bright and reflective colors as kids walk to school or wait for the bus
- Bike helmets if riding
- Warnings about dealing with strangers to and from school
- What to do about bullying
- Know your child's route to and from school
- Ensure they get lots of sleep
- Eat a healthy breakfast

#### Weather related:

- Ensure they wear sunscreen
- Swim where there are lifeguards
- Have them wear a life jacket when near water
- Keep them hydrated
- Ensure upstairs windows are locked to prevent falls

#### When in a vehicle:

- Ensure everyone – including you, is wearing a seatbelt
- Secure them in a car seat based on age and size
- Contact your fire department for help installing your car seat
- Children under 13 years of age should ride in back seat
- Set the example and put the cell phone away

Fact: According to the Safety Restraint Coalition, 80% of car seats are installed incorrectly.

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