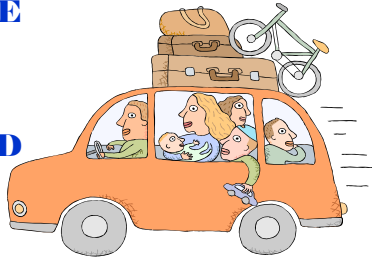


**NEVER LEAVE
CHILDREN
UNATTENDED
IN A CAR**



The temperature inside a car can get dangerously hot, even in moderate weather with the window slightly down. Kids can suffer from heat stroke causing serious injuries and sometimes death.

Simply leaving the air conditioner on doesn't make your child safe. A child could put the car in drive, get caught in a closing power window or be abducted.

Here are some tips to keep kids safe around cars:

- Never leave a child unattended in a car. *Not even for a minute.*
- Always lock your car and secure the keys so that your kids can't get to them.
- Warn your children about playing in and around cars.
- Install a trunk release mechanism so that kids can't get trapped inside the trunk.
- Get your kids out of the car first, and then worry about unloading the groceries and items out of the car.



IMPORTANT RESOURCE NUMBERS

American Cancer Society
1-800-227-2345
www.cancer.org

Child Care Health Consultant
Rena Pardue, RN~PHN
828-837-1213
rena.pardue@cherokeecounty-nc.gov

Child Health Nurse and CC4C
Angela Martin, RN~PHN
828-837-7486 ext. 504
angela.martin@cherokeecounty-nc.gov

Child Health Nurse
Brenda Gardner, RN~PHN
828-837-7486 ext. 508
brenda.gardner@cherokeecounty-nc.gov



www.ncsmartstart.org
Region A Partnership for Children
www.regionakids.org



Cherokee County Health Department
228 Hilton Street
Murphy, NC 28906
828-837-7486
www.cherokeecounty-nc.gov

**SUMMER
SAFETY TIPS
FOR
CHILDREN
AND
FAMILIES**



SUMMER IS A FUN TIME...
MAKE IT A SAFE TIME, TOO!

SMART START
Cherokee County Health Department
228 Hilton Street
Murphy, NC 28906
828-837-7486



WATER SAFETY

Drowning is one of the leading causes of child deaths each year. Here are some tips to help keep kids safe around water:

- **NEVER leave a child unattended around water.**

Children are drawn to it, and very young children can drown in just an inch of water.

- Empty all buckets, pails and bathtubs completely after each use~do not leave them full and unattended.



- Always have an ADULT supervising young swimmers.
- Don't mix alcohol and supervision of children.
- Be sure that the adult watching your child knows how to swim, get emergency help and perform CPR.


- Keep rescue equipment (such as life preserver or shepherd's hook) and a telephone near the pool.




- Plastic or blow-up wading pools should always be drained and stored in an upright position after each use.
- Enclose pools completely with a self-locking, self closing fence. Do not leave furniture around that children can use to climb over the fence.
- Teach your child to swim at an early age.
- Flotation devices or inflatable toys are not substitutes for supervision, even if a child can swim.



SUMMER SAFETY REMINDERS

- Have kids wear a properly fitted helmet when riding a bike, skateboard, scooter or rollerblading. 
- Keep a shock absorbing surface under and around home playground equipment. Always supervise kids on play equipment.
- Use caution with outdoor grills when children are present.

- Install window guards to prevent children from falling out of windows. Install in any room where young children spend time. 

- Never depend on screens to keep children from falling out of windows.
- Limit sun exposure for kids and infants.

- Apply sunscreen, even on cloudy days, and re-apply every two hours, or after swimming. 