

Protect the Ones You Love From Burns

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC—safer, healthier people.

Every day, 435 children ages 0 to 19 are treated in emergency rooms for burn-related injuries and two children die as a result of being burned. Burns *can* be prevented, and you can play a key role in protecting the children you love.

To protect your child from residential fires, take steps to keep your home a fire-safe place. One important step is to install and maintain smoke alarms in your home. Make sure you have them on every floor of your home and near all rooms where people sleep, and test them once a month to make sure they're functioning properly. A working smoke alarm can be your first line of defense, letting you know that you need to get out of the house to stay safe.

Create and practice a family fire escape plan. If you ever need to leave your home because of a fire, it's essential to have a plan for a safe escape. You and your family should know at least two ways to get out of every room and have a meeting place outside your home.

If you don't already have an escape plan, create one. Draw out a floor plan of your home and make sure it's simple enough for all young family members to understand. Fire escape planning is a good way to get kids involved in fire safety in a non-threatening way. And, don't forget to practice every six months.

Scalding water is another danger to young children. Small children can get into bathtubs and sinks easily. Infants who aren't mobile can't get out of water that may be too hot. To help protect your child from burns caused by hot water, set your water heater's thermostat to 120 degrees Fahrenheit or lower. Setting your heater's thermostat can help control the water temperature throughout your home, making scald burns less likely.

Another way that you can help prevent burn-related injuries at home is to use safe cooking practices. Never leave food unattended on the stove, keep cooking areas free of flammable objects, and always supervise children near the cooking area.

When it comes to a child you love, *of course* you want to protect them from harm. It's within your power to help them live to their full potential, without experiencing the pain and suffering that injuries can cause.

Protect the Ones You Love: Child Injuries Are Preventable is a CDC initiative to raise parents' awareness about the leading causes of child injury in the United States and how they can be prevented. For more information, please visit www.cdc.gov/safechild.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.