

Protect the ones you love

OVERVIEW



Every parent wants to protect their children from harm and to keep them safe. We don't want children to suffer any pain, whether it's from a common cold, a bump, or a bruise.

In an effort to raise parents' awareness about the leading causes of child injury in the United States and how they can be prevented, the Centers for Disease Control and Prevention (CDC) has launched the Protect the Ones You Love initiative.

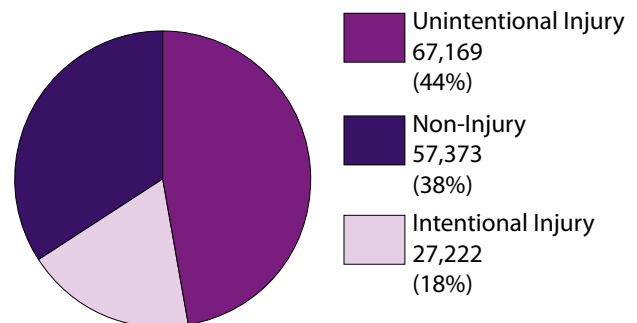
Parents can play a life-saving role in protecting children from injuries. Protect the Ones You Love is dedicated to sharing information on the steps parents can take to make a positive difference.

Many people don't realize it, but the numbers show that:

- Injuries are the leading cause of death in children ages 19 and younger.
- Each year, nearly 9.2 million children aged 0 to 19 years are seen in emergency departments for injuries, and 12,175 children die as a result of being injured.
- Injury treatment is the leading cause of medical spending for children. The estimated annual cost of unintentional child injuries in the United States is nearly \$300 billion.

It's important to take action, because most child injuries can be prevented.

The Burden of Child Injury, Unintentional Injury Deaths Ages 1-19, United States, 2000-2005



Please visit www.cdc.gov/safechild for podcasts, tip sheets, and other information on the leading causes of child injury and steps you can take to protect the children you love.



Child injuries are preventable



Steps you can take to prevent leading causes of child injury include:



Burns

- Install and maintain smoke alarms in your home.
- Develop and practice a family fire escape plan.
- Set your water heater's thermostat to 120 degrees Fahrenheit or lower.
- Use safe cooking practices, such as never leaving food unattended on the stove.



Drownings

- Install a four-sided isolation fence, with self-closing and self-latching gates, around backyard swimming pools.
- Wear life jackets in and around natural bodies of water.
- Learn cardiopulmonary resuscitation (CPR) and get recertified every two years.
- Supervise young children at all times around bathtubs, swimming pools, and natural bodies of water.



Falls

- Use playground equipment that is properly designed and maintained, and that has a soft landing surface material below.
- Use home safety devices, such as guards on windows that are located above ground-level, stair gates, and guard rails.
- Wear protective gear when playing active sports, such as wrist guards, knee and elbow pads, and helmets when in-line skating.
- Supervise young children at all times around fall hazards, like stairs and playground equipment.



Poisonings

- Store medicines and other toxic products such as cleaning solutions in locked or childproof cabinets.
- Put the poison control number, 1-800-222-1222, on or near every home telephone.
- Follow directions on the label when giving medicines to children. Read all warning labels.
- Dispose of unused, unneeded, or expired prescription drugs.



Road traffic injuries

- Use appropriate child safety seats.
- If you have a teenage driver, sign an agreement in order to limit risky driving, such as having multiple passengers and driving at night.
- Transport children in the back seat of your vehicle.
- Make sure children wear motorcycle and bicycle helmets.

www.cdc.gov/safecchild