



THINK

Safety!

SPRING/SUMMER 2016

WARM WEATHER SAFETY

Staying healthy in the sun, near the water and during summer activities!

Plus:

- New York Helmet Laws
- Sports and Concussions
- Preventing Heatstroke
- Recognize the Signs of Abuse
- Safe Sleep



led by



Dear New York City Families,

Welcome to the Spring/Summer 2016 edition of Think Safety, a newsletter created by Safe Kids New York City. Safe Kids NYC is a coalition of educators, health care professionals, and child advocates that is devoted to helping you keep the children you care about healthy and free from unintentional injuries. Unintentional injuries are a leading cause of death and hospitalization to children, but they are preventable if we are aware of the many safety tools available to us and know how to use them correctly. The articles you will read in this newsletter were written by experts in the injury prevention field – health and safety educators, child protection attorneys and trauma coordinators from major hospitals in NYC.

This edition of Think Safety, with articles on safety throughout the spring and summer, provides more important information about how to reduce the incidence of unintentional injuries to your whole family as you play outside, bike, swim, do sports and have fun at home and on the road. It also shares important information on steps to take if child abuse is suspected. Please take a moment to read through the newsletter.

Enjoy your spring and summer, and think safety!

Best,



Marjorie Marciano
Director, Safe Kids New York City

Warm Weather Food Safety

By Lauren Schwartz, MPH, Director of Public Education, NYC Poison Control Center

As the weather gets warmer, it's great to spend time outdoors picnicking in the park or barbecuing at home. However, every year approximately 1 in 6 (48 million) Americans get sick as a result of foodborne diseases, according to the Centers for Disease Control. (www.cdc.gov). Following are tips for keeping yourself and your family safe while enjoying outdoor dining (Source: www.fda.gov):

Keep food cold.

→ Cold food should be stored at 40°F or below. Use a cooler with ice or frozen packs.

Separate food to avoid contamination.

→ Keep uncooked meat, poultry and seafood tightly wrapped to avoid leaking on food such as vegetables and fruit that will be eaten raw.

Never leave food out.

→ Food should never be left outdoors for more than two hours and no more than one hour when the temperature gets to about 90 °F.

Keep food hot.

→ Cooked food should be kept at or above 140°F. If bringing hot food to your meal, eat it within two hours of buying it. When cooking on the grill, use a meat thermometer to check.

Wash your hands.

→ Always wash your hands thoroughly with soap and water for at least 20 seconds, especially before cooking and eating, and always after handling raw meat, poultry and seafood.

SAFE KIDS PARTNER HIGHLIGHT

NEW YORK CITY



NYU Langone
MEDICAL CENTER

The NYU Langone Concussion Center

The NYU Langone Concussion Center was established to provide comprehensive care for patients with concussions. Concussion is complex and a growing area of concern, as the incidence in youth and professional sports rises and new understanding of its impacts emerge. The NYU Concussion Center's experienced, multidisciplinary team made up of neurologists, physical medicine and rehabilitation physicians, neurosurgeons, sports medicine physicians, emergency medicine physicians, nurses, neuropsychologists, physical and occupational therapists, and neuroradiologists can effectively diagnose, treat, and manage concussive injuries.

Safe Kids NYC began working with the Concussion Center about three years ago to share this important information with children and their families. Since that time, Concussion Center staff has participated in Safe Kids sports clinics and Safe Kids Day events, worked with health care professionals and educators at our Safe Kids Healthy Families injury prevention conference, and written articles for the Think Safety newsletter. In all of our work as partners, they always provide valuable information through fun, educational activities, discussions with attendees and helpful materials. We look forward to continuing our partnership in the future.

NY State Helmet Laws-Protecting Your Children While Still Having Fun!

Jeanne Rubsam, RN, MS, Pediatric Trauma Program Manager, NewYork-Presbyterian, Morgan Stanley Children's Hospital

Spring is in the air! Time to put away your winter coats and enjoy an assortment of fun outdoor activities with your family. Before your children jump on their bicycles, scooters and skateboards, now may be a good time to review the New York State helmet laws- You may be surprised what you learn. Did you even know that there is a helmet law in New York State?

Helmets are one of the most important pieces of safety gear that children use when riding their bicycles or playing on skateboards and scooters. Safe Kids Worldwide reports "Bicycle helmets can reduce the risk of severe brain injuries by 88%, yet only 45% of children ages 14 and under wear a helmet". After a fall, helmets are the only means of protecting the brain after striking the ground. Helmets work by absorbing the shock of the impact and safeguarding the brain against injury.

KNOW THE FACTS!

Bike Helmets

- There is no federal law requiring bicycle helmet use in the United States. Individual laws are adopted by each state or locally by specific local ordinance. Currently, twenty two states (including the District of Columbia) have statewide bicycle helmet laws. Additionally more than 201 individual state localities have ordinance laws requiring bicycle helmet use.
- New York was the second state in the country to pass a statewide law mandating bicycle helmet use. This 1989 law mandated that all bicycle passengers under the age of 5 years must wear a helmet. In 1994 the law was amended and currently states that all bicyclists up to the age of 14 years must wear a certified helmet while operating or riding a bicycle. The law also states that children between the ages of 1-4 years must wear certified bicycle helmets and ride in specially designed bicycle child safety seats. Additionally, children less than 1 year of age are prohibited from being transported by bicycle. Parents and guardians that allow their children to ride without a bicycle helmet are subject to a \$50 fine.
- Many communities within New York and across the United States have passed local ordinance laws that require cyclists of all ages (including adults) to wear bicycle helmets. Erie, Greenburgh & Rockland are examples of New York State counties with this more rigorous helmet law.
- Despite success in many areas of the country, 29 states continue to have no state helmet laws.

Other Types of Helmets

- New York State has been very proactive in requiring certified helmet use for children less than 14 years of age when using other type of equipment.
- Since 1996, in line -skaters are required to wear a certified safety helmet.
- Since 2002, children riding non- motorized scooters are required to wear a certified safety helmet.
- Since 2005, skateboarders are required to wear a certified safety helmet.
- When traveling to other states it is important to be familiar with their helmet laws. Additional information can be found at the Insurance Institute for Highway Safety website at iihs.org.
- The warm weather is here! Time to go outside and play. Do the right thing and always protect your child's brain by making sure they are using a certified helmet when riding on bicycles, skateboards or scooters. Enjoy yourself and have a safe summer!



About Safe Kids New York City



OUR ACTIVITIES

- Programs and fairs at schools, afterschool centers, community centers, camps, libraries and museums where children learn how to prevent injuries at home, at play and on the road
- Car safety seat inspection stations teach parents to correctly install car seats
- Workshops for pregnant and new parents help young families learn how to be safe from the start
- Professional training conferences for educators and others interested in learning more about injury prevention

**SAFE
KIDS**
NEW YORK CITY

led by



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Marjorie Marciano, MS, Director
Kim Wiley-Schwartz, Chair



A properly-fitted helmet is the most effective way to prevent a head injury resulting from a bicycle crash.

A Spring Reminder About Sports-Related Concussions

By Dina Pagnotta, PT, MPH, NYU Langone Medical Center's Concussion Center

Spring is in the air and so is the spring sports season, with the summer season fast to follow. It's the time of year when our children are outdoors enjoying the beautiful weather and exercising, whether in organized sports or recreational activities. We encourage these activities as they support overall physical and mental wellbeing, develop collaborative skills as a member of a team and help to develop leadership skills, to mention only a few of the benefits. What we also encourage is safety. Concussion is one of the injuries to consider when your children are engaged in any form of sports or recreational activity. If your children are involved in spring sports like soccer, lacrosse, baseball, field hockey and track and field, they run the risk of getting a concussion from a blow to the head or body, or fall during play.

A concussion is a form of traumatic brain injury that can lead to short and sometimes long-term health consequences if not properly treated. These injuries are caused by a jolt or blow to the head or body that forces the skull to move rapidly back and forth. Even though concussions can happen anywhere – for example in unpreventable situations like a car accident or slip and fall – sports in particular have been associated with concussion risk. About 4 million sports-re-

Sports Safety 101: Concussions



1.



2.



3.

Look for signs and symptoms.

When in doubt, sit it out.

Back to play, when the doctors say.

lated concussions occur each year, according to government estimates.

That's why it is crucial to focus on safety when a child plays any sport. Educating children, parents and their coaches about what a concussion is and what everyone should do if you think a concussion has occurred is very important.

Since concussions can't be seen, like a scraped knee or a broken arm, they may be difficult to recognize. It's up to parents, caregivers, coaches and teachers to recognize changes in the child's behavior after a hit to the head or body, as the child may not be able to articulate it. In addition, children have reported that sometimes adults don't believe that they're feeling the symptoms because their injuries can't be seen. The key take-away: believe the child and advocate on

his or her behalf. If the child hasn't already seen a physician, an appointment should be made, ideally with a concussion specialist.

Symptoms of a concussion may include headache, fatigue, balance problems, dizziness, difficulty concentrating, vision problems, nausea, vomiting, sensitivity to noise or light, changes in sleep patterns, irritability and emotional changes. Loss of consciousness, problems waking up, confusion, severe vomiting or headache, or a sudden change in speech or walking are more serious concussion symptoms which are considered medical emergencies that necessitate an immediate trip to the emergency room or call to 9-1-1.

To learn more about concussions, visit NYU Langone's Concussion Center: <http://nyulangone.org/locations/concussion-center>



An open fire hydrant without a sprinkler cap wastes 1,000 gallons of water per minute – as much as an entire family of four uses in a year! Open fire hydrants will also hamper firefighting capabilities, putting your neighborhood at risk.

*If you must use the hydrant to stay cool, visit your local firehouse and they will install a **SPRINKLER CAP** and open the hydrant for use.*



Parking in front of a fire hydrant delays firefighters from getting water on a fire!

SAFE AT THE BEACH

AND IN THE POOL THIS SUMMER

Christina Youssef, Pediatric Trauma Program Manager,
Richmond University Medical Center

We all love to beat the heat by taking a swim.

Swimming provides cool relief from the hot weather, but there are some risks involved for young children. Be sure to take the proper precautions to avoid the dangers and keep it safe and fun.

The first and most important step to take to minimize risks is to always pay full attention to children in the water, whether it's at the beach, in a big pool or even a kiddie pool. Young children can drown in just 1" of water! Never turn your back on your child while he or she is in the water – not even for a moment!

About 1 in 5 people who die from drowning are children 14 and younger.

Children ages 1 to 4 have the highest drowning rates.

For every child who dies from drowning, another five receive emergency department care for nonfatal submersion injuries.

For 1-14 years old across the country, fatal drowning remains the second-leading cause of unintentional injury-related death behind motor vehicle crashes.



→ Designate a responsible adult to supervise children and be the "Water Watcher".

→ Learn CPR, just in case you might need to use it.

→ NEVER let kids swim alone. ALWAYS stay within arm's reach of your baby or toddler when they are in or around the water.

→ Never rely on flotation devices, like "floaties" or rings. They may deflate or come off.

→ Never dive into a pool without first checking that it is deep enough for diving. Ask the lifeguard where it is safe to dive. Diving in water that is too shallow can lead to head and neck injuries.

→ Obey colored warning flags at the beach.

Please join us in our efforts to keep New York City children safer.

Current Safe Kids New York City members include:

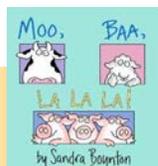
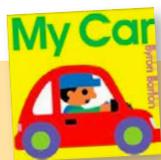
AAA New York
Bellevue Hospital Center
Bike New York
Brookdale Hospital Medical Center
Dominic A. Murray 21 Memorial Foundation
Elmhurst Hospital Center
FedEx
Fidelis Care New York
Jacobi Medical Center
Jamaica Hospital Medical Center
Kings County Hospital Center
Lincoln Hospital Center
Maimonides Medical Center
Millennium Development Corporation
New York Public Library
New York Presbyterian Hospital – Morgan Stanley Children's Hospital
New York Presbyterian Hospital – Weill Cornell Medical Center
NYC Administration for Children's Services
NYC Department for the Aging
NYC Department of Education
NYC Department of Health & Mental Hygiene
NYC Department of Transportation
NYC Fire Department
NYC Health and Hospitals Corporation
NYC Poison Control Center
NYC Police Department
NYS Safe Kids Coalition
NYU Langone Medical Center Parent Education Program
NYU Langone Medical Center Concussion Center
NYU Lutheran Medical Center
Northwell Health
Northwell Health - Lenox Hill Hospital
Northwell Health - Staten Island University Hospital
Public Health Solutions/Sudden Infant and Child Death Resource Center
Richmond University Medical Center
St. Barnabas Hospital
William Randolph Hearst Burn Center, NY Presbyterian Hospital

Call 212-839-4750 for more information

THE BOOK CORNER

It is never too early to start sharing books with your child. Talking, reading, writing, playing and singing are all important to a child's development. Here are some favorite titles to use with babies and toddlers.

Louise Lareau, Managing Librarian,
Children's Center at 42nd Street,
New York Public Library



Baker, Keith. *Big Fat Hen*
Byron Barton. *My Car*
Boynton, Sandra. *Moo Baa La La La*
Crews, Donald. *Freight Train*
Intrater, Roberta Grobel. *Splash! (Baby Faces)*
Katz, Karen. *Peek-a-Baby: a Lift-the-Flap Book*
Kubler, Annie. *Head, Shoulders, Knees and Toes*
Yoon, Salina. *Do Cows Meow?*

Heatstroke Deaths of Children in Vehicles

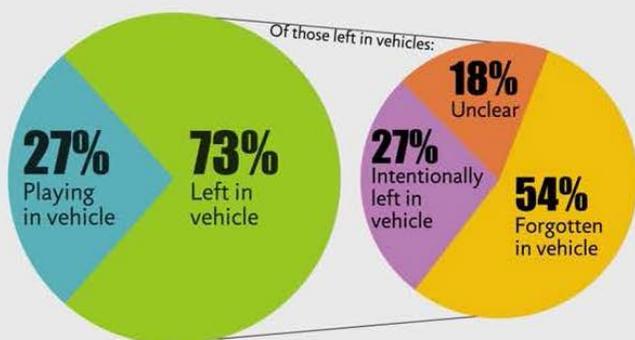
BY THE NUMBERS NHTSA (2012)

10  the minutes it takes for a car to reach deadly temperatures on an 80 degree day

38  the average number of children who die from vehicular heatstroke in the US each year

57  the lowest known outside temperature at which heatstroke can occur

BY CIRCUMSTANCE Guard (2005)



Boys accounted for:

3 in 5 *left* deaths



3 in 4 *playing* deaths



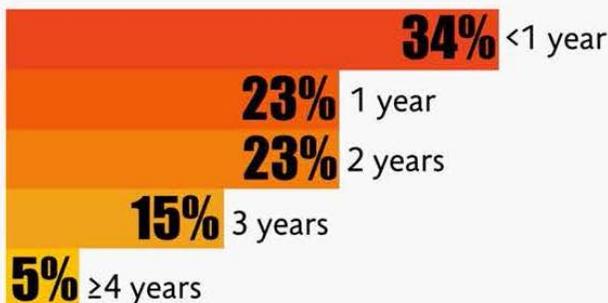
BY AGE Guard (2005)

80% of these deaths were children ages **2 and under**

Children ages:

≤2 were more likely to be **left by a caregiver**

≥3 were more likely to be **playing in the car**



Follow These Tips:

- Never leave a child alone in a vehicle, not even for a minute.
- Keep your vehicle locked when not in use, so curious children aren't able to get in. Teach children that vehicles and their trunks are not safe places to play in, and check both if a child is missing.
- Create reminders by putting something important on the floor in the back seat. Make it a routine to "look before you leave" when getting out of your vehicle.
- Develop a plan with your daycare to call if your child is late, and set up a calendar reminder on your phone to alert you to drop off your child.
- If you are out and see a child left alone in a vehicle, call 911 for emergency assistance.

Look Before You Leave! A Hot Car Is No Place for a Kid

By Gia Ramsey, Trauma Injury Prevention Coordinator, Maimonides Medical Center

Warmer months are on their way, and with the prediction of an unusually hot summer, the risk of heatstroke is even higher.

Every year, we hear news reports of children dying after being left alone in a hot vehicle. Whether you're just running into the store to grab something quick, or you leave your sleeping child in the car in the driveway while you go about your routine, the risk is real, and cases are preventable.

Even on a mild day, temperatures inside a vehicle can get up to 20 degrees higher within 10 minutes, even with the windows cracked. These high temperatures put young children particularly at risk because their bodies heat up three to five times faster than an adult's. The extreme rise in temperature can cause heatstroke. A child left alone in a hot car can quickly show symptoms such as dizziness; dry, hot, red skin; rapid, shallow breathing; rapid heartbeat; confusion, unconsciousness; or death.

Since 1998, over 650 children have died after being left alone in a vehicle, over half of them, left unintentionally. Check out the tips below to help keep children safe in their seats this summer.



Keeping Our Children Safe from Abuse and Neglect

Damaris C. Rosario, Esq., Director, ACS Office of Safety First

As the summer approaches and children are no longer in school, their interaction with teachers comes to an end. For some children, this can mean that they will have no one outside of the home to discuss important events that have happened to them. Unfortunately, some of these events are instances of abuse or neglect where child's health and safety may be at risk.

Certain professionals like teachers, doctors, nurses, police officers, and child care center workers often come into contact with at-risk children and are considered mandated reporters by New York State law. They are required to report suspicions of child abuse and neglect to the New York State Central Register (SCR), a state hotline in New York. They have an early opportunity to help them get the intervention, support, and services they need to stay safe in their home. As a mandated reporter, they must make a report or cause a report to be made when, in their professional capacity, they are presented with reasonable cause to suspect abuse or neglect of a child.

Reasonable cause to suspect child abuse, or neglect, simply means that you feel the parent or person responsible for a child has harmed them or placed them in imminent danger or harm based on the professional's observations, professional training, and experience. It should be noted, not every report for an investigation results in the removal of a child from his/her home and a report made to the SCR is simply a request that social services look into a matter. It is only those children who cannot remain safely at home that are removed. Cases investigated can also result in a lack of evidence to support the allegations reported. A positive outcome of a report made to the SCR is often that a family is provided with critical services and assistance they could really utilize. Referrals for services or food pantries are common.

It is important to note that New York State law provides for the confidentiality of mandated reporters and all sources of child abuse and maltreatment reports. New York State Department of Social Services child protection investigators are not permitted to release to the subjects of their report the identity of a source of a report.

**If you see something,
say something!**

*For professionals working
with children it just might be
your legal mandate to say
something!*

Information regarding the reports source may be shared with court officials, police, and district attorneys in certain limited circumstances.

A mandated reporter/professionals who fails to report suspected abuse or neglect can be charged with a Class A misdemeanor and subject to criminal penalties. They can be sued in a civil court for monetary damages for any harm caused by the mandated reporter's failure to make a report to the SCR. However, if a mandated reporter makes a report with serious concern for the welfare of a child, he/she is immune from any criminal or civil liability that might result. This "good faith" immunity is not available where the liability results from willful misconduct or gross negligence by the reporter. Reporting neglect and abuse is a serious matter and malicious and false reporting is always against the law.

The summertime is a vulnerable time for children. The ability of mandated reporters to interact with children is largely diminished. Communities at large need to work together to protect children in their neighborhoods. Education and awareness, as to the signs of child abuse and neglect are one of the best protective weapons society has available.

Call the NY State Central Register (SCR) Child Abuse & Maltreatment Hotline 24/7

**General Public: 1(800) 342-3720
Mandated Reporters: 1(800) 635-1522**

For more information about suspected abuse or maltreatment and mandated reporting visit:

ocfs.ny.gov/main
nysmandatedreporter.org
nyc.gov/acs

COMMON SIGNS OF ABUSE AND NEGLECT

PHYSICAL ABUSE

Physical Signs

- Unexplained bruises, cuts, burns, or fractures
- Evidence of delayed or inappropriate treatment for injuries

Behavioral Signs

- Avoids home
- Complains of being sore, moves uncomfortably
- Wears clothing heavier than needed for the weather (to cover body)
- Bizarre explanation of injuries
- Wary of adult contact

SEXUAL ABUSE

Physical Signs

- Torn, stained or bloody underclothing
- Pain, swelling or bleeding in genital area
- Difficulty walking or sitting
- Sudden weight gain or loss

Behavioral Signs

- Inappropriate sex play or premature understanding of sex
- Suicide attempts
- Acting out
- Drug use
- Run-away
- Threatened by physical contact, closeness

NEGLECT

Physical Signs

- Always seems hungry
- Dresses inappropriately
- Poor hygiene
- Unattended medical/educational needs
- Regularly tired or falls asleep during the day
- Delayed physical development

Behavioral Signs

- Developmental delays
- Regularly tired or falls asleep
- Begs or steals food or other basic items (such as clothing)
- Frequently misses school
- Extreme need for affection



Lay your baby on his or her back for every sleep.

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z

SUMMERTIME SAFE SLEEP

By Jill Katz, Program Coordinator, Sudden Infant and Child Death Resource Center

Our babies feel the heat the same as we do, so be careful that they don't get overheated while sleeping during the warm spring and summer months.

Here's how to keep your baby safe:

- Dress baby in lightweight clothing.
- No blankets in the crib.
- No hats.
- Keep the room at a comfortable temperature.
- Fans can be used for ventilation, but keep the cord out of reaching distance for the infant.
- Never leave your baby alone in a hot car. The temperature can rise very quickly.

Sleep-related infant death is preventable. Most of the deaths involve suffocation combined with an unsafe sleep condition. Infants from one to six months old are vulnerable and infants from two to four months old are most at risk. In New York City, these preventable deaths are occurring at the rate of approximately one death per week, mainly in the Bronx and Brooklyn.

Reduce the risk by putting infants to sleep:

- on their back
- in a crib or bassinet
- never in an adult bed
- on a firm mattress and fitted sheet in the crib
- never keep sleep bumpers, pillows, blankets or compressible toys in the crib

STAY SMART AND COOL!

SUN SAFETY AND AVOIDING DEHYDRATION

By Stephanie Bovis, Injury Prevention Coordinator, Staten Island University Hospital

Summertime is the most wonderful time of the year! It means that the kids are out of school and are active outside!

Sun Safety

Being outside is the best way to spend the summer break. Whether you're outside at a playground, at the beach or walking to the ice cream truck, we want to keep your kids safe from the sun! Sunlight is said to help our mental outlook and help us to feel healthier. But sunlight can be harmful to the skin, causing immediate problems, as well as problems that may develop years later.

Extra care should be taken when preparing children for sun exposure and fun outside. Use sun-protective hats, long clothing, sunscreen, and/or UV-blocking sunglasses to protect against the sun. You can't always count on sunscreen to provide 100% protection. By wearing a hat and covering the arms and legs with clothing, sunscreen is only needed for the lower face, neck, and backs of the hands. That is a great savings in both time and cost! We all need a little sun exposure — it's the best source for vitamin D, which helps us to absorb calcium for stronger and healthier bones, but also be mindful of safe sun exposure!

Prevent Dehydration

We all know what it feels like to be dehydrated. You might get dizzy or feel weak or maybe your mouth is really dry and you can't swallow your favorite PB&J sandwich? These easy tips can help prevent dehydration this summer!

- Drink plenty of water before, while and after activities. This is very important especially when it's hot out! Water is the BEST way to replenish your body!
- Take a bottle of water with you when you exercise, and try to take a drink at least every 15 to 20 minutes.
- Encourage your child(ren) to drink extra fluids or suck on flavored ice pops, such as Popsicles.
- Avoid high-protein diets. If you are on a high-protein diet, make sure that you are drinking at least 8 to 12 glasses of water each day.
- Stop working outdoors or exercising if you feel dizzy, lightheaded, or very tired.
- Wear one layer of lightweight, light-colored clothing when you're working and/or exercising outdoors.
- Change into dry clothing as soon as you can if your clothes get soaked with sweat.

For more information, visit:
sunsafetyforkids.org/sunprotection/webmd.com/fitness-exercise/dehydration-prevention

