

Color Me Safe



A Coloring Book from CDC's Injury Center

National Center for Injury Prevention and Control
Division of Unintentional Injury Prevention

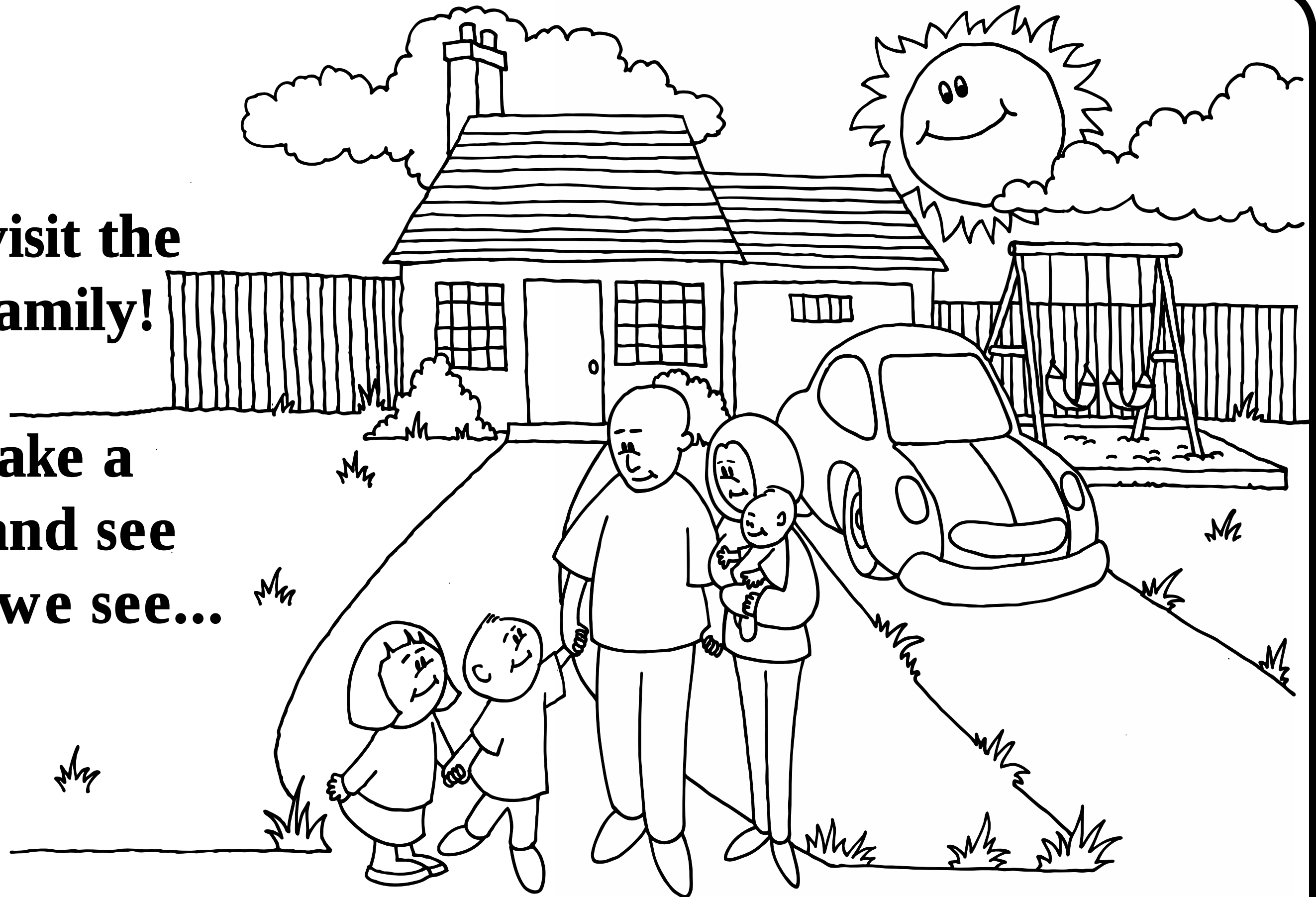


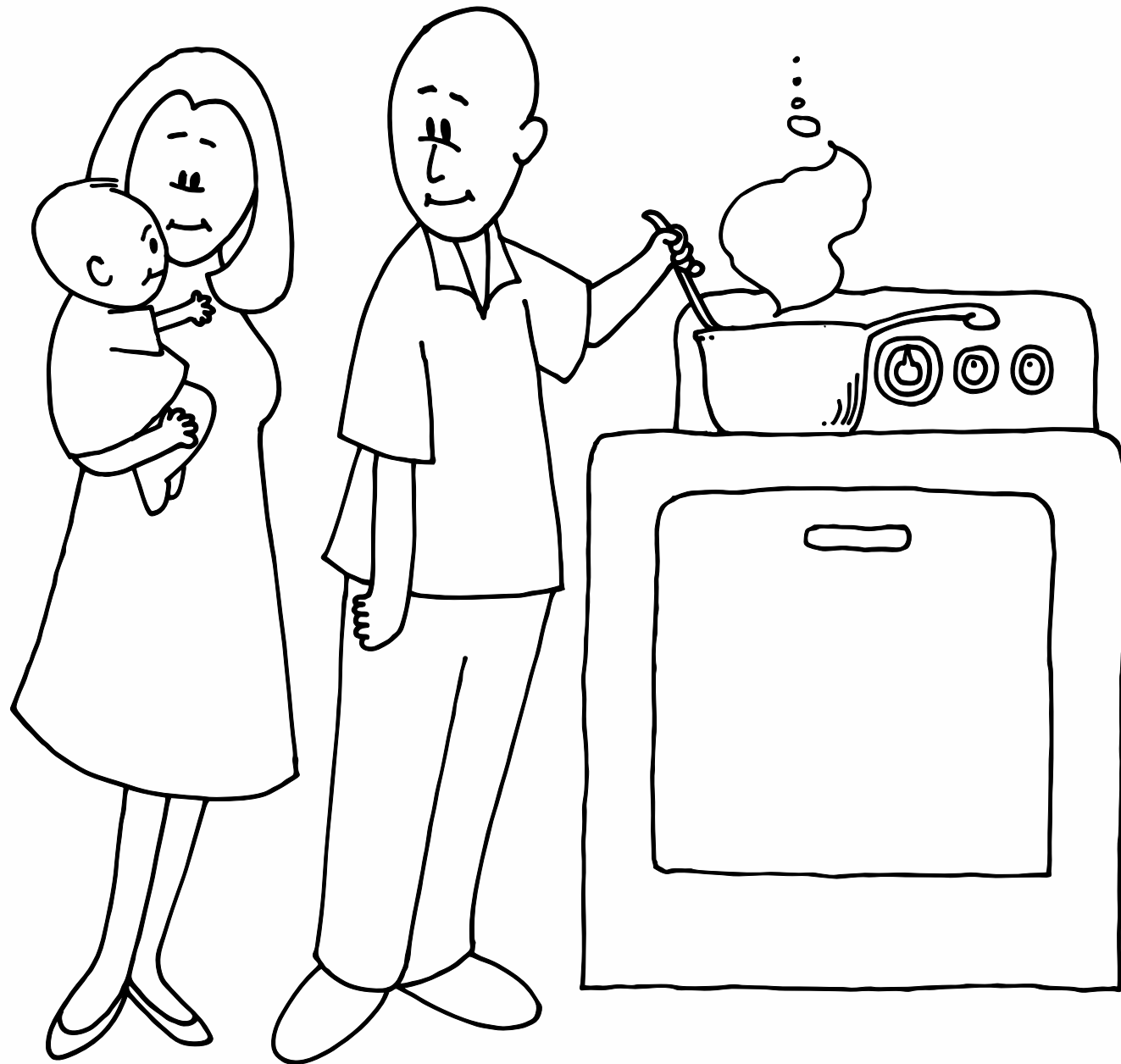
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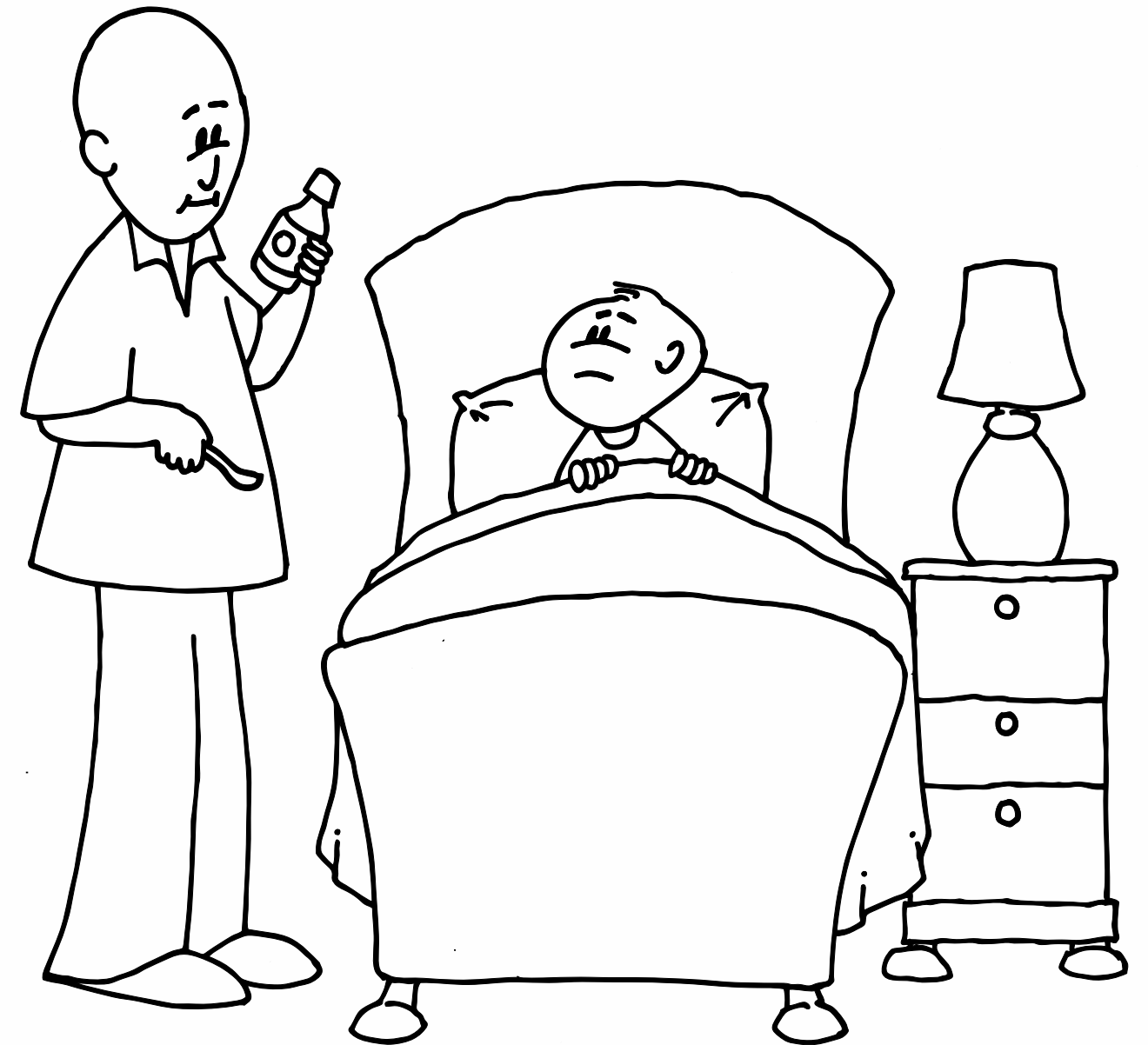
**Let's visit the
Safe Family!**

**Let's take a
look and see
what we see...**

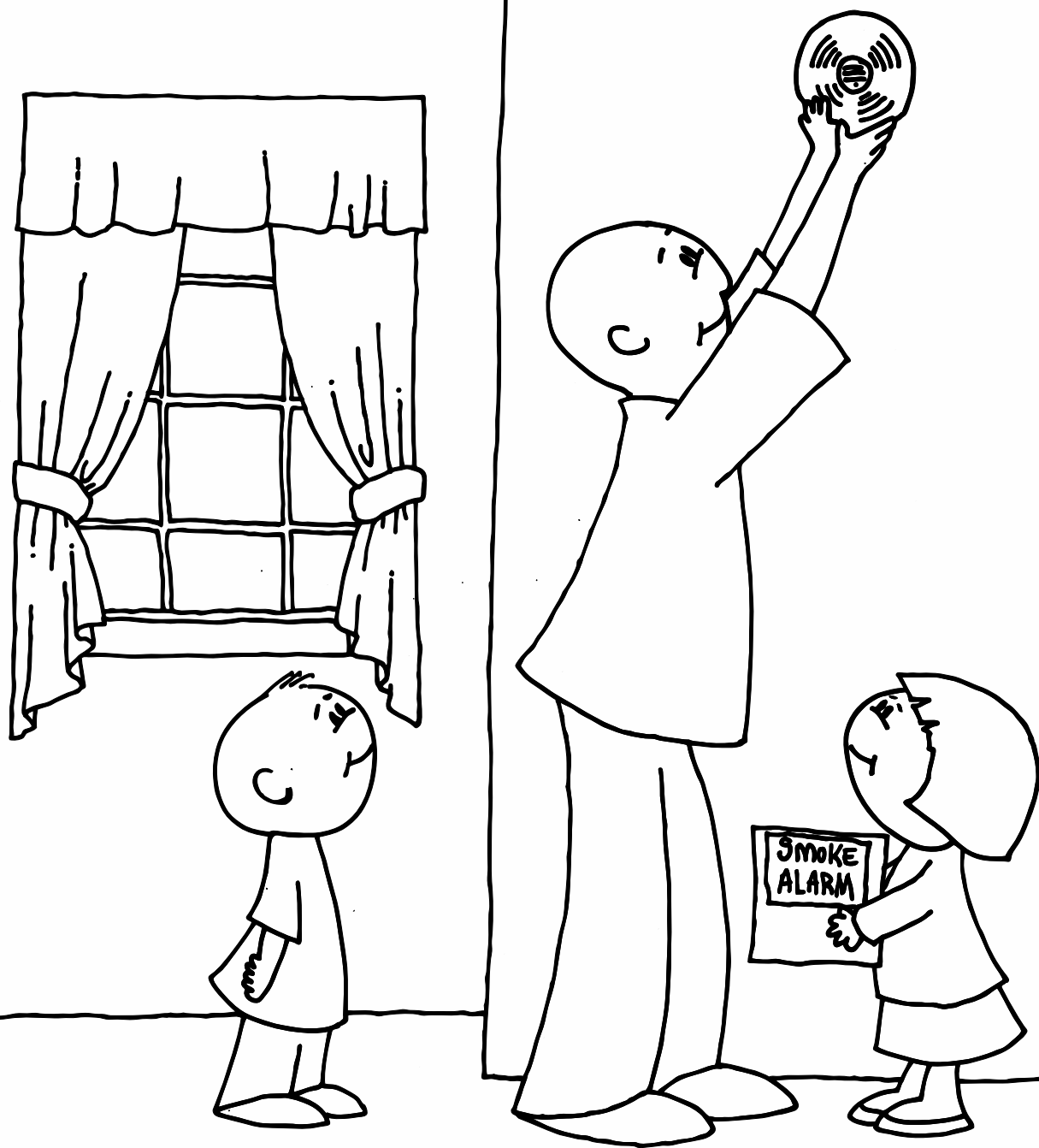




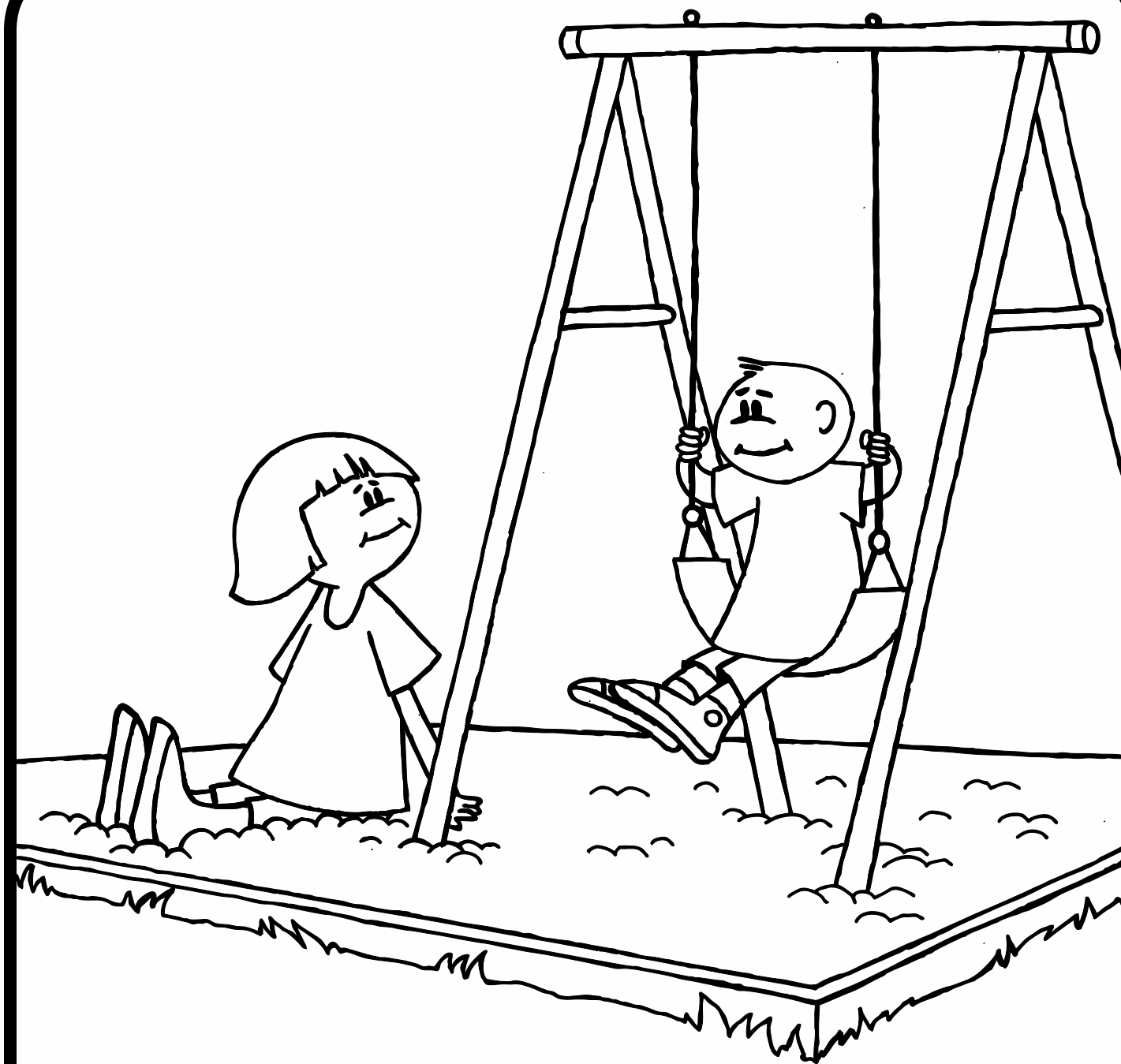
**When food's on the stove and it's time for a meal,
cooking with care is part of the deal.**



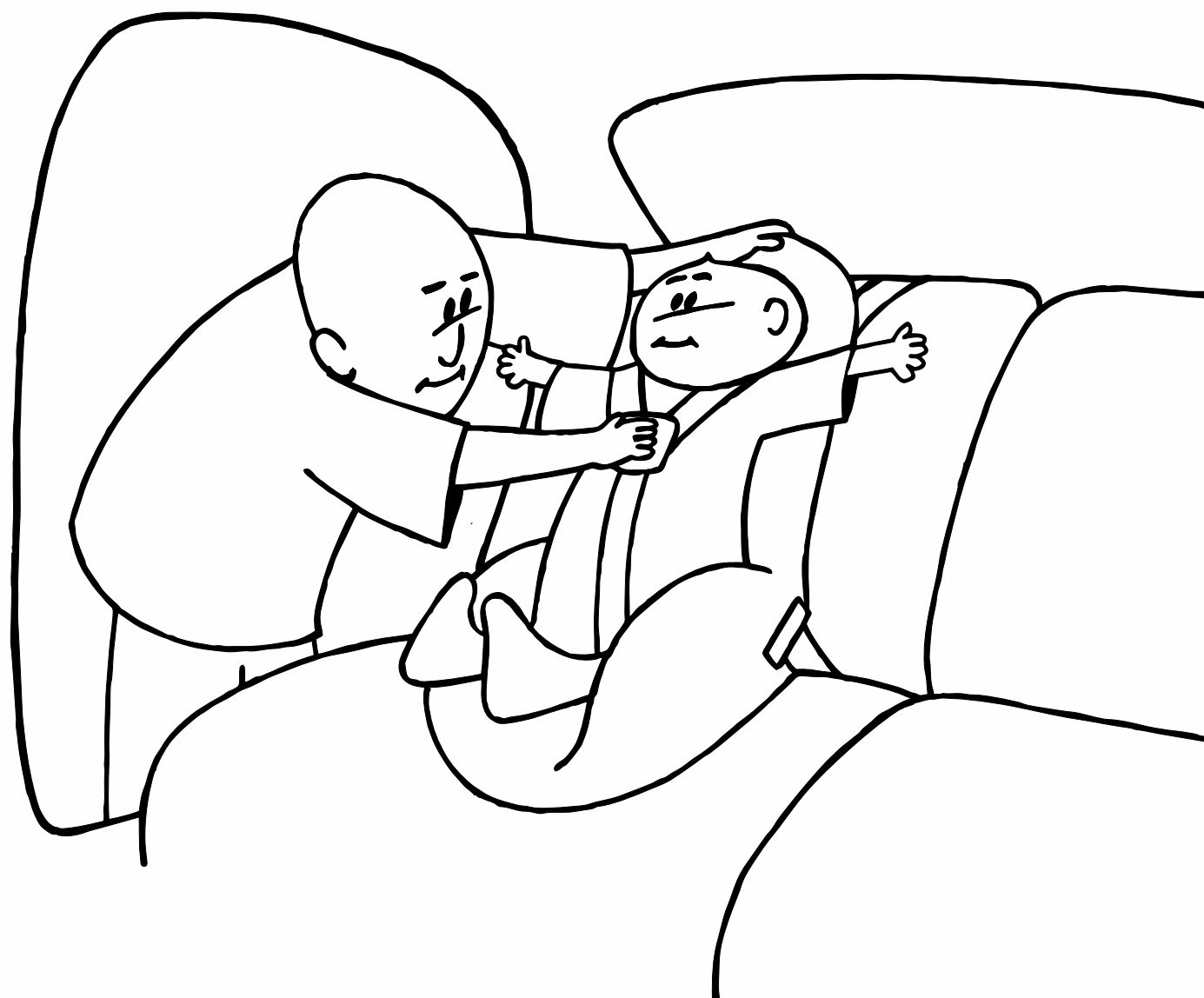
**When one of the kids is at home and sick, an adult
measures the right dose of medicine to help do the trick.**



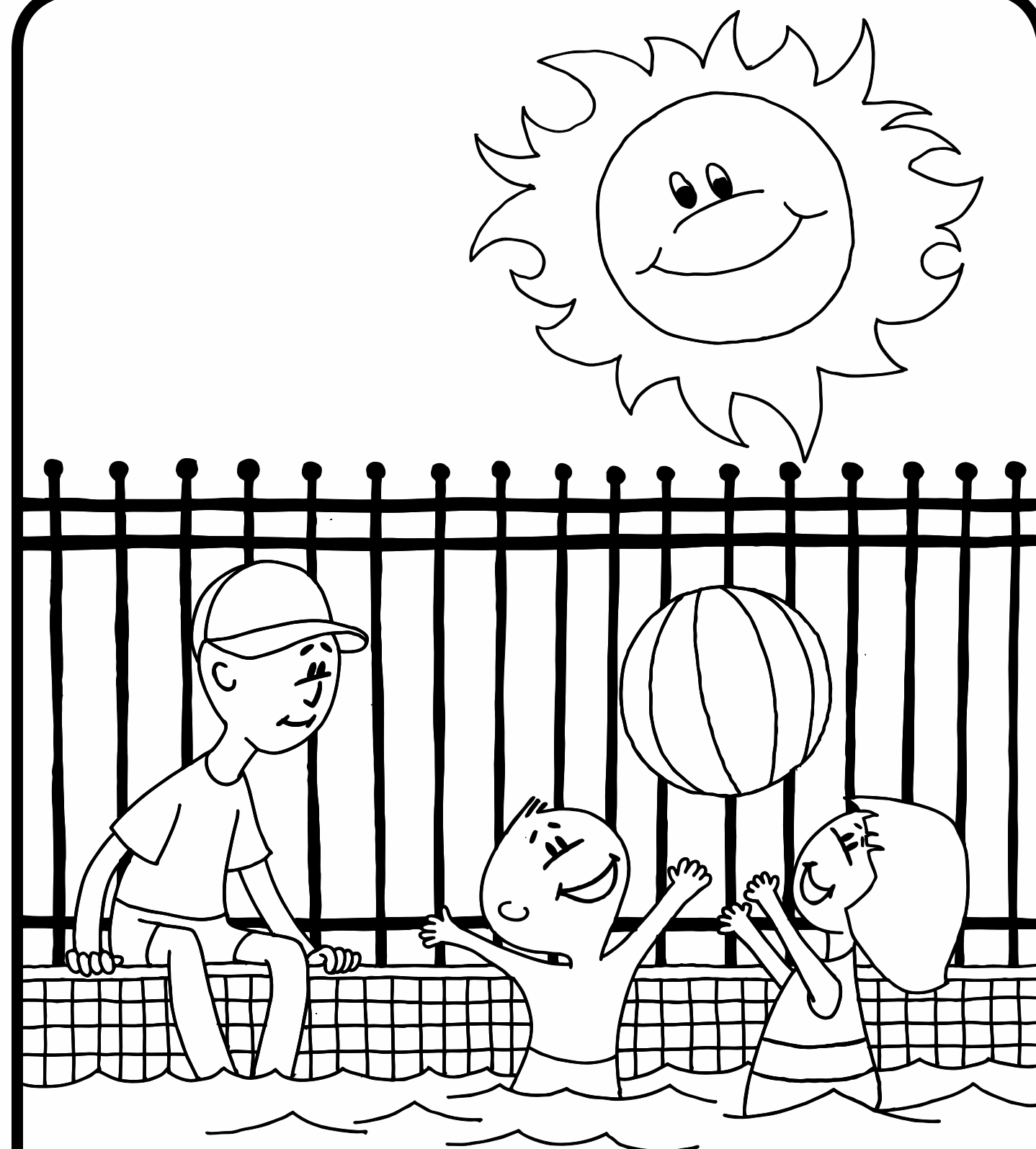
The Safe Family tests their smoke alarms twice a year, so if ever there's a fire, they'd be heard loud and clear.



Under the swing set, there's something soft like sand or wood chips, you see? To keep the kids from getting hurt, like scraping a knee.



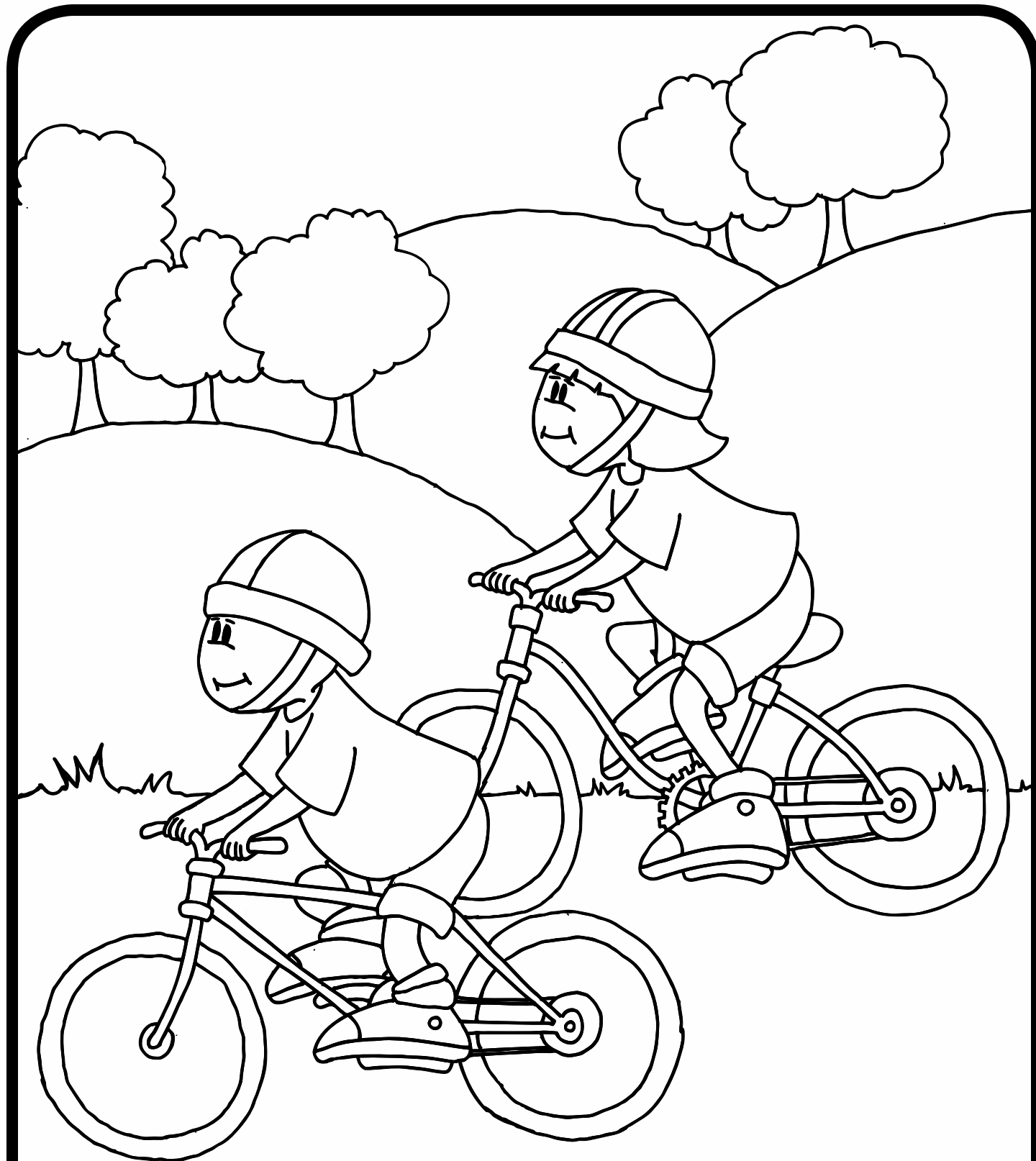
**No matter the distance, be it near or far,
the right safety seats keep kids safe in the car.**



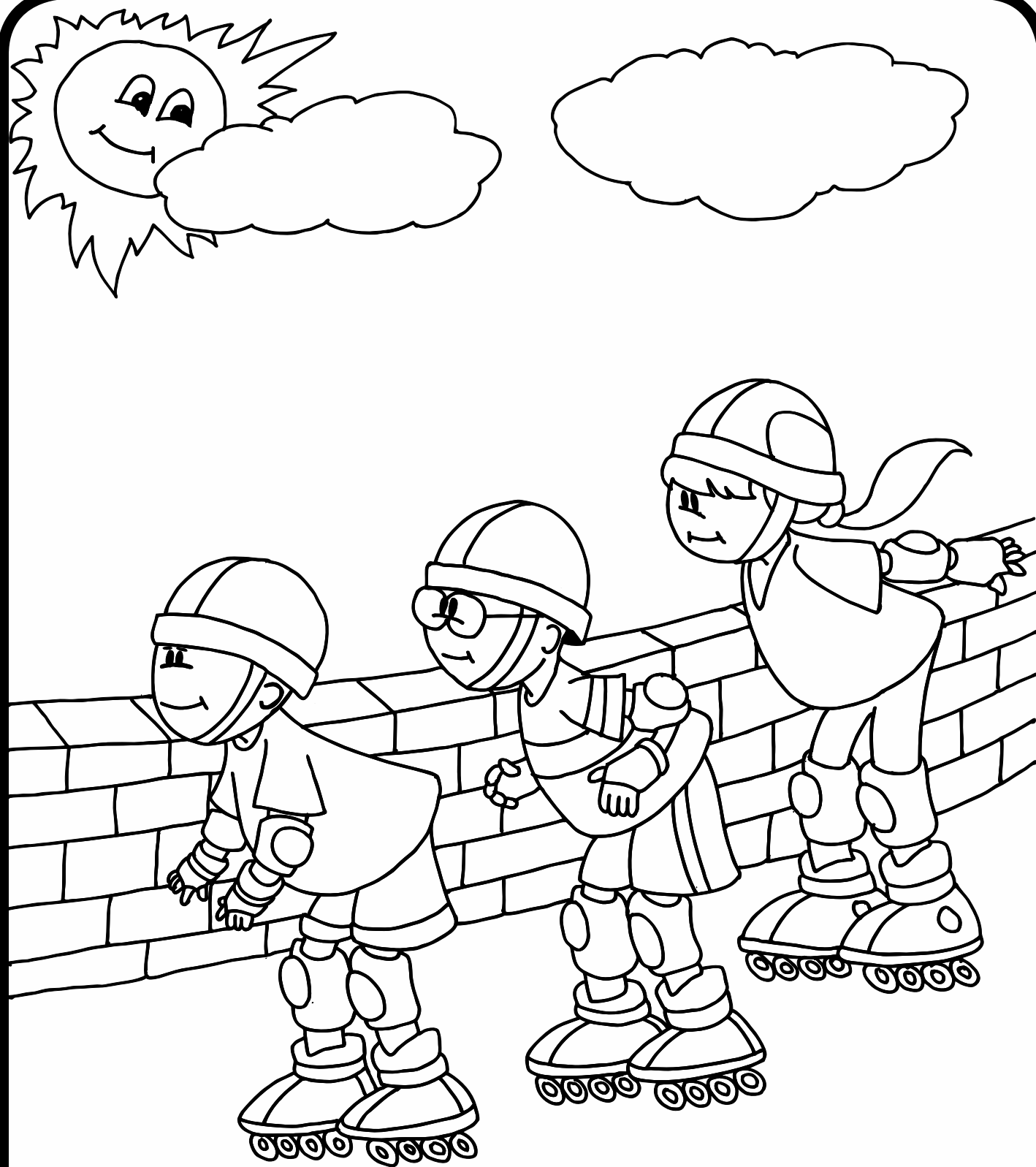
**When it's time to jump in the water and stay cool,
an adult always watches the kids at the pool.**



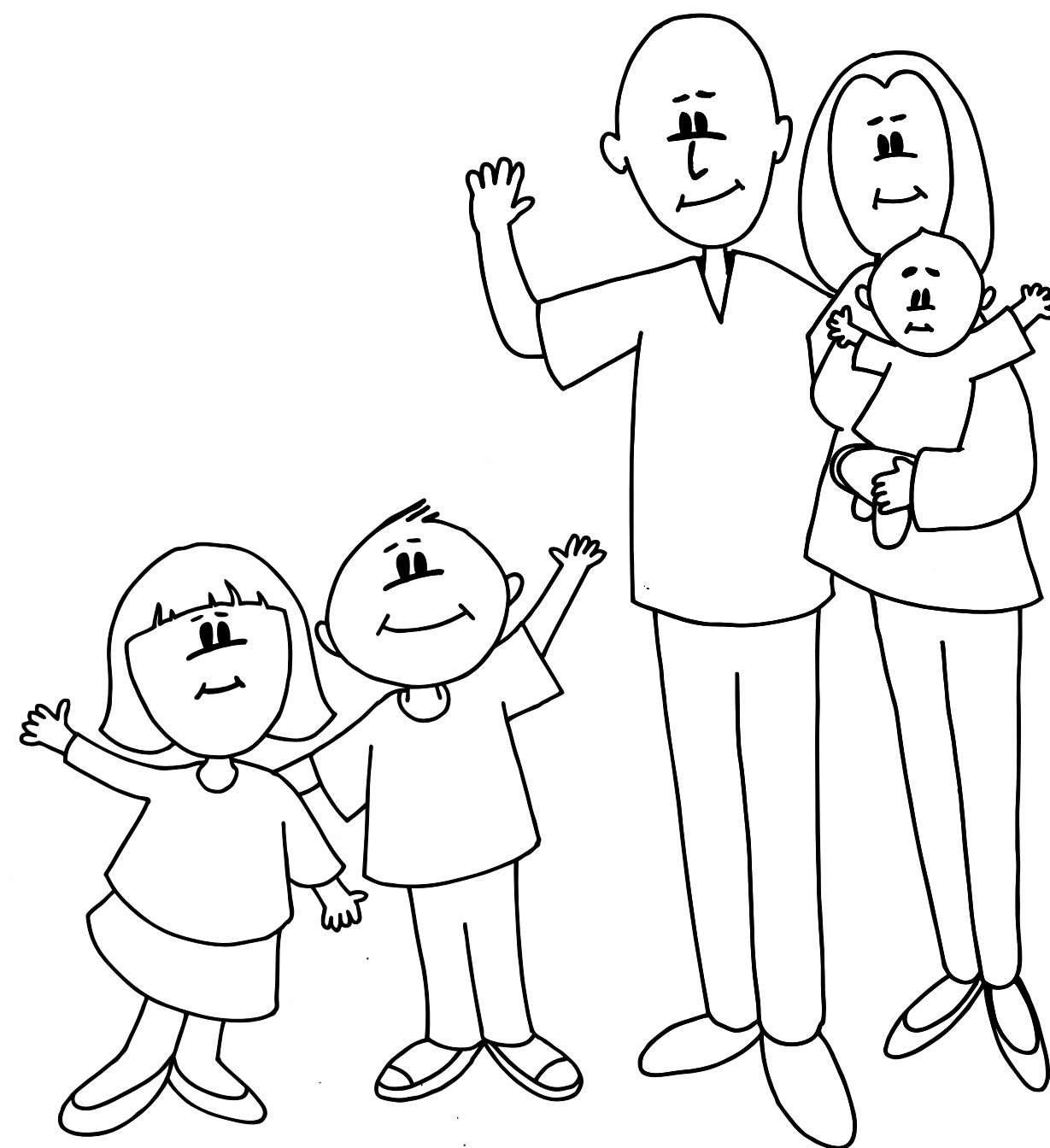
**And out on the open water, at the beach or on a boat,
life jackets help keep everyone afloat.**



**The kids remember - mom and dad have always said,
“Whenever you ride a bike, wear a helmet on your head.”**



**And they know there's always time - it's never too short -
to put the right gear on for every sport.**



**The Safe Family sure knows what to do
to keep themselves safe - and now I do, too!**

My Safe Family

Draw a picture of your own safe family!

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/safecild

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