

Monday: At Home



You can protect yourself, your family and community by taking action, both big and small, to prevent injury. Here are just a few examples:

Start small...

- Assess your home for potential hazards such as poor lighting and uneven surfaces to prevent falls.
- Install and maintain smoke alarms and carbon monoxide detectors in your home.
- Establish a plan for how you would evacuate from your home in the event of an emergency.
- Make sure all electrical outlets are covered and inaccessible to children.
- Supervise young children whenever they're near cooking surfaces and never leave food unattended on the stove.
- Program emergency numbers, such as the Poison Control Hotline (1-800-222-1222), into your phone to call in the event of a poisoning emergency.
- Install four-sided isolation fencing at least five feet high and equipped with self-latching gates to prevent drownings in home swimming pools.
- Store cleaning supplies and medicines in locked cabinets out of the reach of children.
- Check your hot water heater periodically and adjust the thermostat to 120 degrees Fahrenheit or lower to avoid burns.

Think big...

- Organize Tai Chi classes to help promote physical activity and prevent falls among older adults.
- Invite local firefighters to a community event to promote fire safety.
- Form a coalition that supports consumer protection policies to reduce the use of toxins in household products.
- Partner with your poison center to visit schools to talk about poison safety.
- Submit a letter to the editor of your local paper that stresses the importance of living injury-free during NPHW and beyond.

There is much more you can do to prevent injuries beyond these actions. Raise awareness of safety and injury prevention within your community during National Public Health Week. You can help make your home and community a safer place to live.

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