



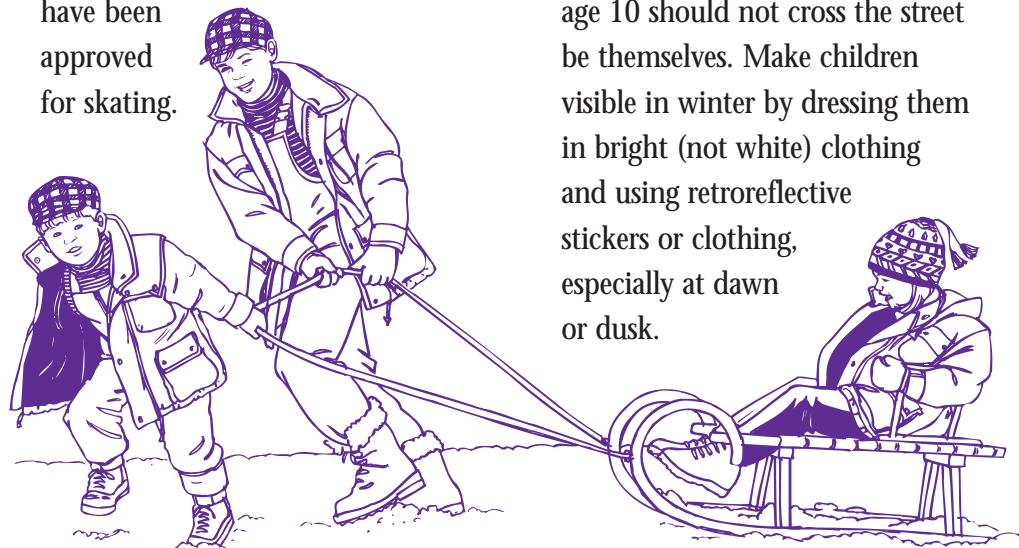
Winter Wonderland Safety



For kids, winter sports and activities are an important part of the season. Yet the cold season poses some special risks of which parents should be aware. In general, parents can ensure their children's safety by watching them closely, limiting outdoor playtime and making certain that they are appropriately dressed for the weather. Some specific risk areas for keeping kids safe include:

* Winter drowning

Make sure children have constant supervision when in or near a pool, hot tub, or any open body of water. Only allow children to skate on ponds or lakes that have been approved for skating.



* Frostbite

Make sure children are dressed warmly, with several thin layers that will keep children dry as well as warm. Set reasonable time limits to play outdoors – call kids indoors periodically to warm up with drinks such as hot chocolate. When possible, avoid taking infants outdoors when it is colder than 40 degrees Fahrenheit – infants lose body heat very quickly.

* Pedestrian Safety

Keep driveways and sidewalks well-shoveled to avoid slipperiness and use rock salt or sand to improve traction. Children under age 10 should not cross the street by themselves. Make children visible in winter by dressing them in bright (not white) clothing and using retroreflective stickers or clothing, especially at dawn or dusk.

SIGNS OF FROSTBITE:

Numbness or pain in the fingers, toes, nose, cheeks, or ears while playing in the snow; skin is blistered, hard to the touch or glossy.

WHAT TO DO:

1. Take the child indoors.
2. Call a doctor.
3. Tell the child to wiggle the affected body part or parts to increase blood flow to that area.
4. Warm the frozen parts against the body (i.e. hold fingers against the chest).
5. Immerse frozen tissue in warm (NOT HOT) water. Frozen tissue can be easily damaged because it is fragile. Do not warm with high heat from radiators, fireplaces, or stoves. Avoid rubbing or breaking blisters.

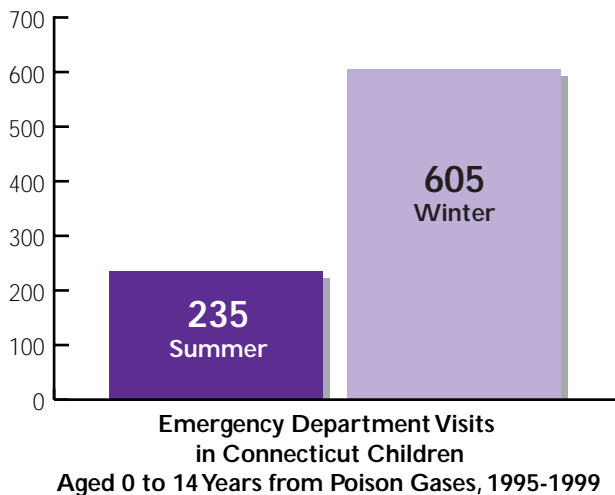
* Ice Skating

Skate only on approved surfaces (check with your local police or recreation department for approved areas.). Children should skate in the same direction as the crowd and avoid darting across the ice. Additionally, children should throw away chewing gum or candy before skating. ■

Preventing poisoning from carbon monoxide and other gases

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Source: Injury Prevention Center, Connecticut Children's Medical Center

During the snowy and cold winter season, children will spend more time indoors. While this may decrease their risk from other types of injury, it increases their risk of poisoning from carbon monoxide and other gases. As seen in the chart above, during the winter there were more than 2½ times as many admissions to Connecticut emergency departments for poisonings from carbon monoxide and other gases as during the summer.

One way to decrease the number of gas-related poisonings is to inspect and properly ventilate all fireplaces, furnaces, heaters, and wood-burning stoves. Another method to decrease carbon monoxide poisonings is to install Underwriters Laboratory (UL) approved carbon monoxide detectors in all bedrooms. Of course, all detectors should be in working conditions and checked twice a year (traditionally when the time changes for daylight saving time). ■

Is Your Child Ready to Graduate to the Next Seat?



Don't Forget

Child Passenger Safety Week is February 9-15, 2003!

Information about car seat fitting stations and clinics can be found at www.ctsafekids.org or by calling 860-545-9988.



Cut out and tape this number to your phone. Also write down and carry it with you at all times.

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