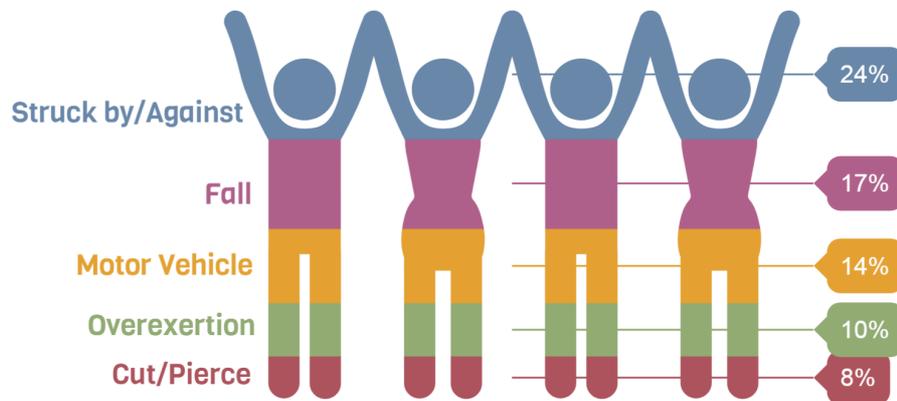


INJURY PREVENTION

Howard County, Ages 15-24

Leading Injury-Related Emergency Room Visits, Howard County, MD 2013



Prevention Tips



Don't Text and Drive



Don't Drink and Drive



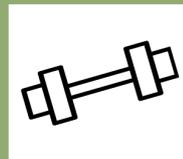
Always Wear Seatbelts
when in a Vehicle



Always Wear Helmets
when Bicycling



Lift with Arms & Legs
Not your Back



Take Breaks when
Lifting Heavy Objects



Seek Help when in
Emotional Distress
1-800-273-8255



Wear Vests for
Greater Visibility



Dispose of Piercing and
Tattoo Needles in a
Sharps Container



Carry Sharp Objects
AWAY from Your Body