INJURY PREVENTION

Leading Injury-Related ED Visits, Ages 0-4
Howard County, MD 2013

- Overexertion (4%)
- Poisoning (4%)
- Environment (6%)
- Impact Injury (14%)
- Falls (44%)

Prevention Tips

Understand the difference between a baby's normal and distress cries
Keep children under age 2 in rear-facing car seats

Do not leave children alone near stoves, ovens or fireplaces
Never leave kids alone in cars, especially in warmer months

Look out for tripping hazards in play areas
Make sure children wear properly fitting helmets

Be aware of choking risks like small blocks, magnets and plastic toy pieces
Mix liquid medicines with kitty litter or coffee grounds when throwing away

A child's body heat rises 5x faster than an adult's. Make sure they take breaks and drink water when playing
Keep sharp and pointy objects out of a child's reach