

Injury Prevention

Howard County, Ages 5-14

Common Injury-Related ED Visits

Howard County, MD, 2013



- Yellow square: Poisoning (1%)
- Cyan square: Cut/Pierce (4%)
- Green square: Motor Vehicle (5%)
- Purple square: Overexertion (6%)
- Pink square: Falls (34%)

Did You Know...

Falls

8,000

Kids every day in the US visit an Emergency Room due to falls

Over-exertion

Working the body too hard causes muscle strains and sprains

Vehicle Safety

Kids 13yrs and under should always ride in the back seat of the car

Cuts

Are the 2nd leading cause of accident-related hospital stays for 5-9 yr olds

Poison

Dispose of unused, unneeded or expired prescription drugs



Prevention Tips

Watch Out!

Make sure playgrounds are free of objects that may cause tripping

Take a Break!

Have kids take breaks when playing outside for 1 hour or more

Buckle Up!

Make children wear seat belts and place infants & toddlers in car/booster seats

Lock it up!

Lock away sharp items

Throw it out!

Mix liquid medicines with coffee grounds or kitty litter when throwing away