Injury Prevention
Howard County, Ages 5-14

Common Injury-Related ED Visits
Howard County, MD. 2013

- Falls (34%)
- Overexertion (6%)
- Motor Vehicle (5%)
- Cut/Pierce (4%)
- Poisoning (1%)
- Falls (34%)

Did You Know...

- **Falls**: 8,000 Kids every day in the US visit an Emergency Room due to falls.
- **Overexertion**: 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.

Sources:
- www.preventchildinjury.org/toolkits/medicationsafety
- www.cdc.gov/safechild/nap/
- www.safekids.nz/Safety-Topics/Details/Type/View/ID/5/Cutting-Piercing

Howard County Health Department