



## Road Rally – Don't Text and Drive

**E**van Gilardi took his desire for adventure and added a positive driving message for the 2300 miles he drove. Prior to his departure to Knoxville Tennessee, the starting point for the Rally North American, a scavenger hunt-style, multi-state road rally Gilardi participated in a No Text and Drive exhibit at Newton Medical Center on July 10, 2015.

Gilardi's car sent a positive message to all the employees and community residents who saw his car at the hospital. Pam Fischer a highway traffic consultant highlighted the dangers of distracted driving and her excitement for this young adult as he took a bold stand.

The Vernon native wanted a posi-

itive message to be seen by many as he raised more than \$122,000 for the Hopeful Warriors Foundation. .

Gilardi said, "Every town we went to the people thought the idea was great. Drivers and passengers of other motorists gave us the thumbs up all along our routes which was great to see. I was interviewed for on one of the legs to talk about the story behind the car and our reasoning to help bring awareness to drives on the road. I cannot thank Safe Kids Northern NJ enough for all the support, the amazing press in the local papers, the unveiling. Safe Kids played a huge role.

Next year Evan looks to build on the momentum he started.

We hope to grow the project with him in the future.



### Never Leave Your Child or Pet in a Car Alone

On August 12, 2015, Safe Kids Northern NJ held a press conference to bring awareness to heat stroke and leaving Children and Pets in Cars Alone. The event was well received and many took the time to learn how to ACT.

Carol Ann Giardelli the Coordinator of Safe Kids New Jersey shared her expertise on the subject. The program was a cooperative effort between Soothing Paws Pet Therapy and the Goryeb Children's Medical Center.

*Help reduce the number of deaths from heatstroke by remembering to ACT.*

**A:** Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute.

**C:** Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination.

**T:** Take action. If you see a child alone in a car, call 911.

# Sports Overuse Injuries Tip Sheet

We know kids love to play their favorite sports as much as possible. But playing the same sport multiple times a week, for long hours, without any break in between play or seasons can cause long term damage. These are called overuse injuries and they can be prevented with a few simple tips.

## Don't Forget to Warm Up and Stretch

- Make sure there is time set aside before every practice and game for athletes to warm up properly.
- Stretching before practice and games can release muscle tension and help prevent sports-related injuries, such as muscle tears or sprains.
- Kids should start with about 10 minutes of jogging or any light activity, and then stretch all major muscle groups, holding

each stretch for 20 to 30 seconds. This increases circulation to cold muscles, improves flexibility and makes muscles less prone to strain or tear.

## Make Rest a Priority

- Kids should have at least one or two days off from any particular sport each week.
- Take time off from one sport to prevent overuse injuries. It is an opportunity to get stronger and develop skills learned in another sport.

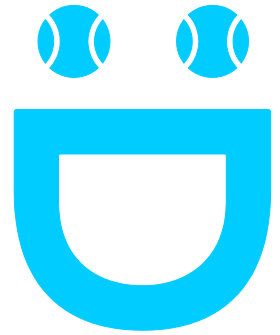
## Communicate and Respond Quickly to Injuries

- Encourage athletes to communicate any pain, injury or illness they may have during or after any practices or games. Make sure they know it's smart to tell coaches,

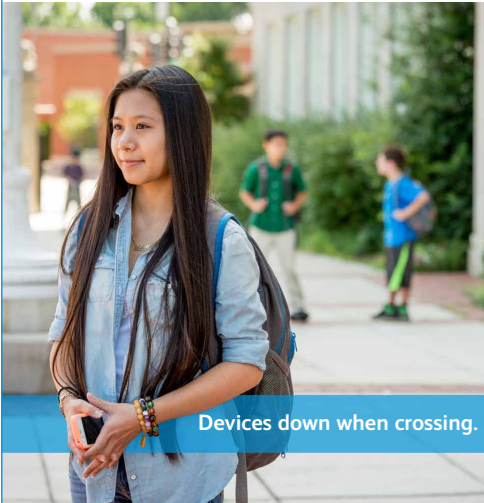
parents or another adult if they're hurt or not feeling well.

- Consult a doctor if the pain does not go away after a day or two. Use ice and anti-inflammatory medications to help reduce pain and swelling. A child should return to play only after evaluated and cleared by a medical professional.
- Remember, quick and proper treatment can mean a shorter recovery time and faster return to play.

To learn more about sports safety, go to [www.safekids.org](http://www.safekids.org)



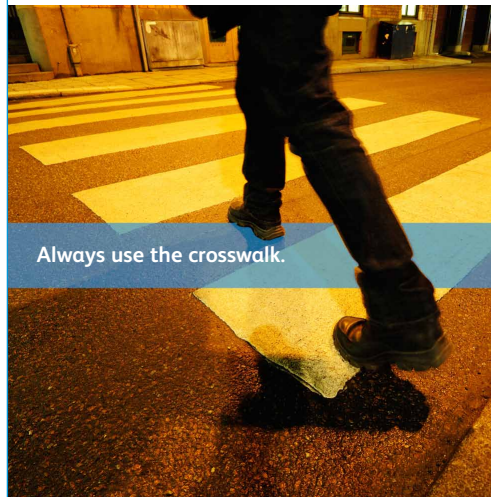
Every hour of every day a teen is killed or injured after being hit by a car.



Devices down when crossing.

SAFE KIDS WORLDWIDE. Sponsored by FedEx. FedEx.

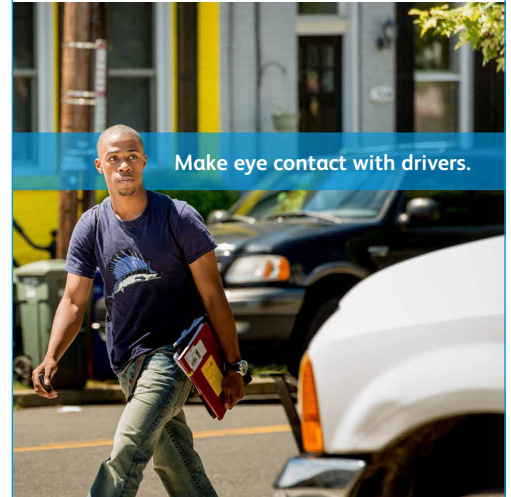
Every hour of every day a teen is killed or injured after being hit by a car.



Always use the crosswalk.

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Every hour of every day a teen is killed or injured after being hit by a car.



Make eye contact with drivers.

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Prevention Works is the official triennial newsletter of Northern NJ SAFE KIDS/Safe Communities.

We welcome articles of interest highlighting your community or organization.

Let us know how you have made your community a safe community.

If you have any comments or topics you would like to see covered, please feel free to contact

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