



COVID-19 Pandemic

The COVID-19 Pandemic is bringing new challenges for families throughout Northern New Jersey. We know caregivers are juggling so many priorities during these uncertain times: Teleworking, home schooling, handwashing, sanitizing, supervising your child and so much more. It is challenging to stay

focused on everything at once. The good news is there are a few precautions we can all take to keep kids who are out of daycare or school safer during, what can seem like, very long days.

We can work together to get through this! Stay Home, Stay Safe and Stay Well!

Quick Safety Reminders Safety Around Cars!



During this time where many families are adjusting to new schedules, here are three reminders to help keep kids safer around cars while they play.

1. Keep car doors and trunks locked and keep key fobs out of reach.

Kids as young as 2 or 3 are known to climb into unlocked cars and trunks to play, but

they can't always get out. Locking your car doors and reminding your neighbors to do the same provides an important level of protection. It is one less thing to worry about. If, for some reason, you cannot find a child you thought was just outside playing, check cars, trunks and pools first.

2. If you do have to drive, walk all the way around your parked car to check for children.

We're all trying to limit travel and exposure to the virus but if you have to run out for a quick errand, remember that kids play everywhere, including behind cars. Taking a few seconds to double check can make a big difference.

3. Slow down and avoid distractions.

Other drivers, like you, are stressed, anxious and distracted so be extra alert during these times especially in neighborhoods. Kids can dart behind cars and into streets in unpredictable ways. Be ready!

Kids home with you?

Keep kids at play safe around cars.



Keep car doors and trunks locked and keep key fobs out of reach.



If you do have to drive, walk all the way around your parked car to check for children.



Slow down and avoid distractions when driving.

SAFE
KIDS
WORLDWIDE.

Prevention Works is the official biannual 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

Karen Jean Feury, RN Phone: 973-971-4327 Fax: 973-290-7350

email: karenjean.feury@atlanticealth.org.

Atlantic Health System
Morristown Medical Center

SAFE
KIDS
NORTHERN
NEW JERSEY

Buckle Up Northern NJ

Even though our car seat inspection stations are closed, it's still important to use and install car seats properly. Check out the Ultimate Car Seat Guide at <https://www.safekids.org/ultimate-car-seat-guide/>.

For a more personal education session contact Jacqueline Leach CPSI at jacqueline.leach@atlanticealth.org and set up a Virtual Car Seat Check through Northern NJ Safe Kids/Safe Communities.

Parent Checklist During a Pandemic!



A PARENT'S CHECKLIST FOR PREVENTING INJURIES

During the Coronavirus Pandemic



SAFETY AT HOME — WHEN YOU'RE FOCUSING ON EVERYTHING AT ONCE

- Store household cleaning products safely to prevent poisoning and save the Poison Help number in your phone: 1-800-222-1222.
- Keep all medicine out of children's reach and sight, even medicine and vitamins you take every day.
- Make sure young children are within arm's reach of an adult during bath time and watch kids of all ages when they are swimming in backyard pools.
- Keep hot foods and beverages away from the edge of counters and tables.
- Separate toys by age and keep little game pieces away from little kids.
- Create a safe place for kids to play by installing safety gates on stairs and guards on windows to prevent falls, keeping small objects and cords to window blinds out of reach and securing top-heavy furniture and TVs.



KIDS AROUND CARS — IF YOU HAVE TO DRIVE

- Walk all the way around your parked car to check for children.
- Prevent heatstroke by never leaving a young child alone in a car.
- Slow down and avoid distractions when driving, especially in neighborhoods.
- Keep car doors and trunks locked and keep key fobs out of reach.



STAYING ACTIVE AND INJURY FREE — WHILE SOCIAL DISTANCING

- Look left, right and left again before crossing the street.
- When crossing a street, make eye contact with drivers.
- Put phones and headphones down when crossing the street.
- Wear a properly-fitted helmet when biking, skateboarding, riding a scooter or in-line skating.



FOR MORE INFORMATION VISIT SAFEKIDS.ORG

Stepping Outside

SAFE KIDS WORLDWIDE

Stepping outside?

Help kids stay active and injury free.



SAFE KIDS WORLDWIDE

1.

Teach kids to look **left, right and left again** before crossing the street.



SAFE KIDS WORLDWIDE

2.

Make eye contact with drivers.



SAFE KIDS WORLDWIDE

3.

Wear a properly-fitted helmet when biking.



You can see the helmet when you look up.

The straps make a "V" under your ears.

The chin strap feels snug when you open your mouth wide.