

ROCKLAND NEWS

In the Blink of an Eye



Did you know that more than 2,000 kids ages 14 and under die every year because of a home injury? These injuries stem from suffocation, drowning, choking, poison, falls and gun accidents. But the biggest threat of all is fire. Fire is by far the leading cause of home deaths.

I guess most of you heard about the fire at Callie's house. She was home alone and decided to cook some eggs, which she had done a hundred times with her mom, only this time she left the stove on. Thankfully, it was a small fire that damaged only part of her kitchen, but it could have been worse. Fires can start, and spread quickly, from fireplaces without screens, frayed electrical cords, space heaters, curtains too close to lamps and kids playing with matches.

It's tough being a kid. But it's even tougher when we find ourselves in adult situations. Before you stay home alone, make sure you understand what you are allowed to do, and not do, while your parents are gone. Also, make sure you know what to do in emergencies. Stay safe my friends.

Make a Habit to Buckle Up



Motor vehicle crashes are the single greatest risk for injury or death to children. Approximately 168,000 children were injured in 2008 as a result of car crashes, but many injuries could have been prevented by following some very simple rules. First, all children ages 12 and under should ride in the back seat. Second, all children should be properly buckled up in a seat belt, booster seat or a car seat. Using restraints properly can reduce the risk of injury by 50%.

It is important for everyone in a vehicle to wear a seat belt every time they get into a car. Even if you are traveling around the corner, you never know what could happen. Just last weekend, two young kids were seriously hurt in a car accident when the driver lost control of the car and hit a tree.

Find out more about car safety by visiting the website for the National Highway Traffic Safety Administration. The link is <http://www.nhtsa.gov>.

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Q: *My friend said I should ride my bike facing the traffic so I can see cars coming. But I thought you were supposed to ride your bike with the traffic in the street. Who is right?*

A: *You are correct. You should always ride your bike with traffic. If you are under age 10, you should ride on the sidewalk because you aren't yet ready to be so close to moving cars. If you're over 10 you should ride in the street, with traffic, as close to the curb as possible. Also, you should always wear a helmet when riding your bike. When it comes to crossing a street, use the same rules you would on foot. Go to the corner or crosswalk, look left, then right, then left again before crossing.*



Healthy Lifestyle Choices (HLC) is a nonprofit organization working to empower youth with the knowledge and skills to make healthy decisions for a lifetime. Find out more by visiting their website at www.HLConline.org.



My Corner of the World

Here's something fun that you can do with the entire family—make a fire escape plan. It may seem like a weird thing to do, but it is best to know what to do in case of an emergency!

First, draw an outline of your house and outline all of the rooms inside, showing doors and windows. Find 2 ways out of every room in your house. Review this plan with everyone in the family. Then agree on a place to meet outside in case of a fire.

Fire is fast, so remember to tell everyone to get out of the house quick. Feel doors with the back of your hand and if they're hot, take the other way out. **Once everyone is out of the house, call 9-1-1 for help.**

