



## National Public Health Week Injury Prevention Starts on the **MOVE**

You can protect yourself, your family and community by taking action, both big and small, to prevent injury. Here are just a few examples:

- All children under 13 should ride in the back seat.
- Select a car seat based on your child's age and size, and choose a seat that fits in your vehicle and use it every time.
- Keep your child in the car seat for as long as possible, as long as your child fits the seat's height and weight requirements.
- Never leave a child unattended in a vehicle.
- Do not let your children play in an unattended vehicle. Teach them that a vehicle is not a play area.
- Never leave infants or children in a parked vehicle, even if the windows are partially open.
- Make a habit of looking in the vehicle - front and back - before locking the door and walking away.
- Vehicles heat up quickly - even with a window rolled down two inches, if the outside temperature is in the low 80s° Fahrenheit, the temperature inside a vehicle can reach deadly levels in only 10 minutes.

There is much more you can do to prevent injuries beyond these actions. Raise awareness of safety and injury prevention within your community during National Public Health Week. You can help make your home and community a safer place to live.