



Winter

Winter is here! Learn what you can do to keep your child healthy this season.

Heater and Fire Safety

- Keep space heaters away from anything that can burn. Place heaters out of reach of children.
- Keep matches and lighters away from children.
- Don't overuse electrical outlets.
- No wires under rugs.
- Check your holiday lights for worn or frayed cords.
- Develop a fire safety and exit plan.
- Teach, in case of a fire, "Get Low and Go".

For a free
smoke detector
for your home,
call 311.

Winter Health Tips

- Use a humidifier and saline drop, if the air is dry.
- Don't forget to practice frequent handwashing.
- An infant should wear one more layer than an adult; don't over-bundle.
- Remove bulky jacket before placing infant in carseat harness; use a coat or blanket over the infant after harnessing to keep infant warm.
- Do not put blankets, quilts, bumpers or pillows in infant's crib.
- Don't forget to get your child the flu shot!

Sport Safety

- Wear hat, mittens and socks if you'll be outside for a long time.
- If safety gear is recommended for a sport, make sure children are wearing it (ice skating, ice hockey, skiing/snowboarding).
- Only use ice skates on approved ice - not on frozen lakes or rivers.
- Sled with feet forward, sitting upright.