‘Tis the season for sniffles and sneezes

Did you know each year thousands of children under age 12 go to emergency rooms after taking over-the-counter cough and cold medicines?

Follow this easy guide to protect your child:

Store medicines safely
• Put medicines up, away and out of sight.
• Be alert to visitors’ medicine.
• Be aware of medicine in places your child visits.

Give medicines safely
• Use the dosing device that comes with the medicine.
• Keep all medicines in their original packages and containers.
• Read the label and follow the directions.
• Check the active ingredients listed on the label. Don’t give your child more than one medicine with the same active ingredient. This can put your child at risk for an overdose.
• Write clear instructions to other caregivers, including what medicine to give, when to give it and the correct dose.

Get rid of medicines safely
• A community medicine take-back program is an easy way to get rid of your unused or expired medicines.
• To dispose of it yourself, put the medicine into a sealable plastic bag. If the medicine is a solid, such as a pill or liquid capsule, add water to dissolve it. Then add kitty litter, sawdust or coffee grounds to the plastic bag to make it less appealing for children or pets.

The Poison Control Center number: 800-222-1222
• Program this toll-free number into your home and cellphone.
• Post it on your refrigerator.
• Experts are always available to help in case of an emergency or to answer any questions involving medicines, chemicals or household products.
• If your child has collapsed, is not breathing or has a seizure, call 911.
Coats and car seats

Brr ... it’s cold outside! Before heading out for a road trip, we bundle up children in warm coats, hats, scarves and mittens.

Did you know, however, that a bulky winter coat worn under a car seat harness does not allow for a snug fit and can leave a child inadequately protected in a crash?

Check out these easy tips to help keep children warm and safe while riding in a car seat:
- If possible, warm up the car before loading kids.
- Dress children in warm clothing.
- After harnessing your child in her car seat, wear the coat backwards with her arms through the arm holes and the coat acting like a blanket.
- Lay a blanket over your child to keep her warm.

The car seat harness should be snug on your child’s body so that no excess harness webbing can be pinched with your thumb and forefinger.

A loose harness is very dangerous and can lead to injury and ejection during a crash.

For more information, contact Safe Kids at 859-323-1153 or visit www.safekidsfayettecounty.com.

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