



## Jackson County Department of Public Health

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### Parents: Add Injury Prevention to “Back to School” Plans

Safe Kids Reminds Parents to Help Kids Stay Injury-Free as  
They Prepare to Go “Back to School” – However They Go Back

“Back to school” means different things to different families during these unprecedented times of COVID-19. But regardless of the situation, childhood injuries can still happen if proper safety is not considered.

So whether a child is at home for virtual learning, going to school in-person, or some combination of the two, Safe Kids is providing the top safety tips for every situation and reminding all parents and caregivers that it is important to make injury prevention part of their back to school plan.

“We know there is a lot to manage during this time, and, if you’re a parent juggling many priorities, it can feel like there is very little in your control,” said Safe Kids Jackson County Chairperson, Martha Thomasson. “But there are things we can all do to keep kids injury free whether a child will be attending school at home, in-person or a combination of the two. That is something they can control.”

### Three Key Safety Reminders When Kids are at Home – Virtual Learning or After-School

If a child is doing virtual learning at home or returning home earlier than normal without after-school activities, parents might be balancing remote work, school, and childcare all at once. If a parent has to report to work, it could also mean needing to find alternative childcare or “homeschool help” where their child is with another caregiver.

We’ve learned these environments can lead to increases in risks of childhood injuries at home – injuries that otherwise could have been prevented. Here are some key tips to help keep children safe when they’re at home.

- 1. Teach older kids how to cook safely.** Meals may look a little different in your house right now, and older kids may be helping with meals or making their own. Remind them to stay in the kitchen the entire time they’re cooking and to use oven mitts or potholders to carry hot pots and pans. If they’re using the microwave, teach them that dishes that have been in the microwave can be hot too, and show them how to slowly open microwaved containers. The steam from hot foods can burn fingers and faces.



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- 2. Store household cleaning products safely to prevent poisoning and save the Poison Help number in your phone: 1-800-222-1222.** We're all bringing more hand sanitizers, cleaning and disinfectant products into the home. Young kids are often eye-level with items on tables and under the kitchen and bathroom sinks, so remember to keep these products in their original containers, out of children's reach and sight.
- 3. Watch children around balconies and windows.** As summer ends and the weather gets cooler, parents and caregivers may be tempted to open our windows to get some fresh air. Remember that window screens are not strong enough to hold a child's weight. To prevent falls, install window guards or stops and move furniture away from windows. It's still important to know how to open the window in case of emergency.

### Three Key Safety Reminders When Kids Are Traveling – To or from School

While children may have spent the whole summer outside in their neighborhood, it's been a while since they've traveled to school – especially if they're going on their own.

Whether children are walking, biking, or riding in cars, it is important for parents to remind them of these safety tips.

- 1. Wear a helmet.** Remind your kids to wear a properly-fitted helmet when biking, skateboarding, riding a scooter or in-line skating. If you're riding with your kids, remember to be a good role model and wear your helmet as well. It's important to wear a U.S. Consumer Product Safety Commission certified helmet to ensure proper protection. Learn how to make sure it is fitted properly with this [video](#).
- 2. Look left, right and left again.** Teach kids to look left, right and left again before crossing the street. They may need to hear and practice this a few times before it becomes second nature.
- 3. Buckle up on every ride, every time.** Ensure everyone in your car is buckled up on every ride using the right car seat, booster seat or seat belt for each person's age and size.

### For more information:

- For more home safety tips, check out our [Home Safety Page](#).
- For more car and road safety tips, visit our [Car and Road Safety Page](#).
- For more tips and resources to keep kids safe from injuries during the pandemic, visit the [Coronavirus Resources Page](#).



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