Fireworks...Related Injuries

Fireworks are often a part of special times like the 4th of July and New Year’s Eve. But fireworks can be dangerous, and injuries from fireworks can prevent people from reaching their full potential. In 2007, an estimated 9,800 people—an average of more than 26 people every day—were treated in emergency departments for injuries sustained from fireworks, and more than half of those injured were children. Whenever you celebrate, learn how to protect yourself and those you care about from fireworks-related injuries.

How can fireworks injuries be prevented?
- The safest way to prevent fireworks-related injuries is to leave fireworks displays to trained professionals.

Who is most at risk for fireworks-related injuries?
- People actively participating in fireworks-related activities are more frequently and severely injured than bystanders.
- More than two of every three fireworks-related injuries in 2007 occurred between June 22 and July 22. During that time period:
  - More than 4 of every 10 people injured were children under 15 years of age.
  - People under twenty sustained more than half (54%) of all injuries from fireworks.
  - 7 out of every 10 people who sustained fireworks-related injuries were male.

What kinds of injuries occur?
- Between June 22 and July 22, 2007:
  - The body parts most often injured were hands (2,300 injuries), eyes (1,500 injuries), and the head, face, and ear (1,400 injuries).
  - More than half of the injuries were burns. Burns were the most common injury to all body parts except the eyes and head areas, where contusions, lacerations and foreign bodies in the eye occurred more frequently.
- Fireworks can be associated with blindness, third degree burns, and permanent scarring.
- Fireworks can also cause life-threatening residential and motor vehicle fires.

What types of fireworks are associated with most injuries?
- Between June 22 and July 22, 2007:
  - There were 1,000 injuries associated with firecrackers, 1,100 associated with sparklers and 900 associated with rockets.
  - Sparklers caused 200 injuries to children less than 5 years of age.
- Between 2000-2005, more than one-third of the fireworks-related deaths involved professional devices that were illegally sold to consumers.

How and why do these injuries occur?
- Availability: In spite of federal regulations and varying state prohibitions, many types of fireworks are still accessible to the public. Distributors often sell fireworks near state borders, where laws prohibiting sales on either side of the border may differ.
- Fireworks type: Among the various types of fireworks, some of which are sold legally in some states, bottle rockets can fly into peoples’ faces and cause eye injuries; sparklers can ignite clothing (sparklers burn at more than 1,000°F); and firecrackers can injure the hands or face if they explode at close range.
- Being too close: Injuries may result from being too close to fireworks when they explode; for example, when someone leans over to look more closely at a firework that has been ignited, or when a misguided bottle rocket hits a nearby person.
- Lack of physical coordination: Younger children often lack the physical coordination to handle fireworks safely.
- Curiosity: Children are often excited and curious around fireworks, which can increase their chances of being injured (for example, when they re-examine a firecracker that initially fails to ignite).
- Experimentation: Homemade fireworks (for example, ones made of the powder from several firecrackers) can lead to dangerous and unpredictable explosions.

What are the laws?
Under the Federal Hazardous Substances Act, the U.S. Consumer Product Safety Commission prohibits the sale of the most dangerous types of fireworks and the components intended to make them. The banned fireworks include various large aerial devices, M-80s, quarter-sticks, half-sticks and other large firecrackers. Any firecracker with more than 50 milligrams of explosive powder and any aerial firework with more than 130 milligrams of flash powder is banned under federal law, as are mail order kits and components designed to build these fireworks.
When Parents Need Another Pair of HANDS!

How many parents of infants or toddlers have wished that they had a second pair of hands? While raising a child from 0–2 years of age can be a rich, rewarding experience, it can also be an exhausting time filled with questions such as:

- Is my baby doing all of the things he/she should be doing?
- What can I do to provide my child with activities that will help him/her develop normally?
- How important is a dad’s role in a child’s development?
- How can I cope with all the stress that comes with having a new baby?
- How do my husband/partner and I set goals that will build a stronger family and provide a nurturing atmosphere for our baby?
- What is appropriate discipline?

The HANDS program is available to answer these kinds of questions and provide support as you develop a relationship with your child. Participation is voluntary and is at no cost to first-time, new and expectant moms and/or dads. All families participating in HANDS will receive information and learn about community resources for new parents. Some families will receive further support through home visitation. Participation in HANDS can begin during pregnancy or anytime before a child is 8 months old. If you are interested in more information for your staff or the parents in your child care center, please contact your local HANDS program.

Daviess County—686-7747
Hancock County—927-8808
Henderson County—825-3651
McLean County—273-5032
Ohio County—288-5665
Union County—389-1230
Webster County—639-6315

Child Development—1 to 2 Years Old

Developmental Milestones

Because of your child’s growing desire to assert her independence, this stage is often called the “terrible twos.” However, this can be an exciting time for you and your toddler. He will experience huge intellectual, social, and emotional changes that will help him to explore his new world, and make sense of it.

During this stage, your toddler will be able to follow two- or three-phrase commands, sort objects by shape and color, imitate the actions of adults and playmates, and express a wide range of emotions.

For more information on developmental milestones and warning signs of possible developmental delays, visit Learn the Signs—Act Early (http://www.cdc.gov/ncbddd/autism/ActEarly).

Positive Parenting

- Set up a special time to read books with your toddler.
- Encourage your child to engage in pretend play.

Play parade or follow the leader with your toddler.
Help your child to explore her surroundings by taking her on a walk or wagon ride.
Encourage your child to tell you his name and age.
Teach your child simple songs like Itsy Bitsy Spider, or other cultural childhood rhymes.

Child Safety First

- Encourage your toddler to sit when eating and to chew her food thoroughly.
- Check toys often for loose or broken parts.
- Encourage your toddler not to put pencils or crayons in his mouth when coloring or drawing.
- Never leave your toddler near or around water (that is, bathtubs, pools, ponds, lakes, whirlpools, or the ocean) without someone watching her.
- Never drink hot objects while your child is sitting on your lap. Sudden movements can cause a spill.
Help Children Enjoy Nutrient-Rich Foods

Now is a perfect time for children to spruce up their eating habits by making more healthful food choices at home and at school, and parents play an essential role in shaping these choices. Consuming at least three servings of low-fat or fat-free milk, cheese or yogurt each day is a deliciously easy way to help kids build and maintain strong, healthy bones, muscles and teeth. Dairy foods are a must at any age, and together, they contain a unique package of essential nutrients, including three of the five nutrients that children don’t get enough of: calcium, potassium and magnesium.

At home, at school or on-the-go, here are great ways to make nutrient-rich foods, including three servings of dairy foods, part of your child’s daily routine!

**Breakfast Basics:**
Breakfast keeps kids on target by helping them meet their daily nutrient needs. Try these fun and easy breakfast options that take less than 3 minutes to prepare:

- **Skewer a banana, dip it in low-fat yogurt and then coat with your child’s favorite fiber-rich, wholesome cereal or granola.**
- **Top a warm whole-wheat pancake with low-fat flavored yogurt and sprinkle with a handful of berries. Roll and go!**
- **Wrap scrambled eggs, a slice of reduced-fat Monterey Jack cheese and some colorful sliced peppers in a whole grain tortilla.**
- **Give children finger foods to make breakfast more fun, such as sliced apples with low-fat flavored yogurt for a dipping sauce.**
- **Blend a banana, a tablespoon of peanut butter and low-fat vanilla yogurt or low-fat milk for a drinkable and nutritious way to start the day.**
- **Spread low-fat cottage cheese on celery and top with raisins for a fun treat.**

**Fuel Up At School:**
- **Cut nutrient-packed sandwiches into shapes using cookie cutters — be sure to use whole-wheat bread along with skinless turkey breast and reduced-fat cheese, or try peanut butter with sliced bananas.**
- **Create a pre-packaged finger food meal kit that includes bite-sized pieces low-fat cheese, hard boiled eggs and almonds, along with individual portions of cut fruit and vegetables.**
- **Wrap a salad that includes bright leafy greens, low-fat cheese and grilled, skinless chicken breast in a whole grain tortilla.**
- **Encourage kids to opt for nutrient-rich vending choices, such as low-fat and fat-free white, chocolate or strawberry-flavored milk, to add a nutritional boost to any school lunch.**
- **For parties at school, bring nutrient-rich snacks, such as colorful veggies and yogurt-based dip, skewers with cheese cubes and fruit, or strawberries with vanilla-flavored yogurt as a dip.**

**Make Mealtime Family Time:**
- **Make family mealtimes a priority. If schedules don’t allow family dinners, make time to eat together when your time is flexible, such as with a picnic or a Sunday morning brunch at home.**
- **Make your kids part of the mealtime process by teaching them how to prepare nutritious snacks and meals. Let your children choose which of their favorite meals they want to make and show them how.**
- **Encourage kids to get their third daily serving of dairy by choosing low-fat or fat-free milk as their dinner time beverage.**
- **Pizza is a kid-favorite and can easily be made more nutrient-rich. Get your children to help build one using whole grain dough and top with reduced-fat cheese, your favorite colorful vegetables, and grilled, skinless chicken breast.**
- **Engage children in healthful food gathering by bringing them to farmers markets or pick-your-own farms, and encourage them to choose one new fruit or vegetable to try each week. If they pick it or grow it, they may be more likely to eat and enjoy it!**

For more tips and information on how to incorporate dairy foods into your family’s diet, visit www.nationaldairycouncil.org.

**Look for more tips and information in the following articles:**

- **Make Your Own Latte or Iced Coffee...**

**Iced Coffee with Milk:**
Ingredients: 2 cups low-fat milk**, 2 cups freshly brewed coffee (cooled), and a sugar substitute

- **Stir together 1 cup of milk and 1 cup of coffee. Pour into an ice cube tray and freeze overnight until frozen solid.**
- **Pour remaining milk and coffee into 2 tall glasses. Sweeten to taste with sugar substitute and add half of the prepared milk ice cubes to each glass.**

**Skinny Hazelnut Cafe:**
Ingredients: 2 tbsp. sugar free hazelnut syrup, 1 cup fat free milk, 2/3 cup brewed coffee, and cinnamon

- **Pour syrup into a bowl or pan. Add cold milk.**
- **If using a stove-top, heat syrup and milk in saucepan over medium-low heat; do not boil. If using microwave, heat milk and syrup in large shallow bowl for 2 to 3 minutes. Whisk rapidly until milk is airy and frothed.**
- **Blend in coffee, dust with cinnamon and serve in mug.**

**Nutritional Facts:**
Calories: 90
Total Fat: 1.5 g
Carbohydrates: 12 g

Recipes created by 3-Every-Day of Dairy


http://www.nationaldairycouncil.org
Dear Child Care Providers,

I just wanted to let you all know that there have been some reported cases of shigellosis in Green River. Shigellosis is a self-limiting intestinal infection caused by bacteria. Please review the enclosed fact sheet on shigellosis. If any children are experiencing signs and symptoms of this disease, please contact your health care provider to get a stool sample.

Infected children can easily spread the bacteria to playmates and their own families. Spread takes place when hands, objects or food become contaminated with very small amounts of stool or feces from those who are infected, and the bacteria are then taken in by mouth.

Careful handwashing, following diaper changing procedures, and disinfecting surfaces following toilet use, is very important to prevent the spread. Infected persons should not prepare food for others until they are no longer contagious. Symptoms may include diarrhea (sometimes with blood or mucus), fever, vomiting and cramps, and last about 3 to 7 days, but can last from 1-30 days.

If a child is having symptoms, he/she needs to stay at home until they are 24hrs symptom free.

Please strictly enforce this policy in order to prevent the spread of this disease in your center.

This disease can cause children to become dehydrated because of the diarrhea, so it can be a very serious situation. This is why we want you and parents to be informed about keeping children at home if they are having symptoms and not sending them to the daycare/school where they could possibly infect other children.

If you have questions, please call the Green River District Health Department Janie @ 270-852-2938 or Judy @ 270-852-5415 or Amy @ 270-852-5555.

Thank you for your assistance in preventing spread of this illness.

P.S. If you need handwashing or diapering procedure flyers, please contact Amy Brown (amy.brown@ky.gov or 270-852-5555) and I will send them to you. During this time, it is a good idea to review your illness/exclusion policies! Please call if you have any questions!