SAFE AT HOME ALONE
A Guide for Kids’ Time Alone

Includes Parent’s Guide
I'm in charge!

Have you ever wondered what it would be like to be home alone - in charge? What would you do? Watch TV? Do homework? Play video games? Hang around with friends? What if there was an emergency? Would you know what to do?

This book is a handy guide for information on things you need to know BEFORE you are left alone. Fill it out and keep it in a safe place where you can find it and refer to it when necessary.

Being in charge is a HUGE responsibility. Being prepared will help you and your family feel more comfortable when you’re home alone.

Check off each section after you have completed it.

1. Important Phone Numbers and Information ................................ Page 2
2. Fire Emergencies ........................................ Page 3
3. Weather Emergencies ................................ Page 5
4. Cooking Safety ............................................ Page 7
5. Answering the Phone and Door ................................ Page 11
6. Coming Home ........................................ Page 11
7. House Rules ........................................ Page 12
8. Medical Emergencies .................................. Page 13
10. Safety Checklist ................................. Page 18
11. Check Your Neighborhood Back Cover

Phone Numbers & Information
Fire Emergencies
Weather Emergencies
Cooking Safety
Answering the Phone & Door
Medical Emergencies
Important Phone Numbers and Information

MEDICAL NUMBERS
Poison Control .............. 1-800-222-1222
Doctor’s Name: ____________________________
Phone #: ____________________________
Dentist Name: ____________________________
Phone: ____________________________
Veterinarian #: ____________________________
Allergies: ____________________________
Medications: ____________________________

SCHOOL & ACTIVITIES
My school #: ____________________________
Brother’s/Sister’s School #:

After school activities:
Who Activity Phone Day/Times


UTILITY NUMBERS
Phone Directory Assistance: ________________
Electric Company: __________________________
Gas Company: ____________________________
Apartment/Condo Manager or Maintenance
Person Name: ____________________________
Phone #: ____________________________

CONTACT PEOPLE
Mom’s Work #: ____________________________
Cell #: ____________________________
Business: ____________________________
Dad’s Work #: ____________________________
Cell #: ____________________________
Business: ____________________________
1st Contact Person: ____________________________
Address: ____________________________
Phone: ____________________________
2nd Contact Person: ____________________________
Address: ____________________________
Phone: ____________________________

Relatives/Friends
Name Phone

My Address: ____________________________
Phone #: ____________________________
Directions to my House: ____________________________

- 2 -
Fire Emergencies

When there is a fire, seconds count. **DO NOT** try to put out a fire in the home. Get out immediately and call from a cell phone or your neighbor’s house. Speak clearly and tell the operator, “There is a fire in my home. The address is ____.” Memorize the address and directions from page 2 of this book. Do not hang up until the operator tells you to. Do the following to escape a fire:

- **Crawl** along the floor to the nearest exit.
- **Touch** a closed door with the back of your hand before opening it to see if it is hot. Leave it closed if it is hot and find a different way out. Climb out a window if necessary. If your home is more than one story above ground, have an escape ladder on each level to use to escape from a window or wait at the window for the firemen to arrive and help you.
- **Open doors slowly** and be ready to close them if smoke or fire pours in. If it does, use your alternate escape route.
- If smoke, heat or flames block your escape routes, stay in the room with the door closed. Signal for help with a bright colored cloth at the window. If there is a phone in the room, call 911 and tell them where you are! Be sure to turn the light on in your room and open the curtains. Wait at the window.
- **NEVER** go back into a building that is on fire!
- Do not stop to collect things on your way out - just get out immediately - fires can spread rapidly!
- Never try to hide from a fire in a closet or under a bed!
- **Remember:** Stop, Drop and Roll, if your clothes catch fire!

Make sure your home is fire safe. Here’s what you can do to be ready in case of fire:

- Install smoke detectors in each bedroom and on each level of the home. Test them once a month to make sure the batteries are working. Replace batteries at least twice a year. Use the log on this page to help keep track of the tests.

- Have a working fire extinguisher in the kitchen. Don’t attempt to put out a fire unless you have proper training on the use of a fire extinguisher. The best thing to do if there is a fire is to GET OUT IMMEDIATELY! Let the fire department put out the fire!
- Plan your escape routes. Plan at least two escape routes from every room of your home. If you must use an escape ladder, be sure everyone knows how to use it. Draw a floor plan of your home on page 4 and plan your escape routes.
- Practice your escape plan monthly.
- Once you are out, stay out!
- Select a place for everyone to meet outside after escaping.
- Check for fire hazards in your home such as frayed cords or overloaded outlets.
Draw your escape plan here. Indicate two exits from each room!

Our family meeting place is: _________________________________

FOR ALL EMERGENCIES

911

Medical, Fire, Police
Weather Emergencies

Excessive Heat

The Heat Index
The Heat Index is a measure of how hot it really feels when relative humidity is factored in with the actual air temperature. To find the Heat Index temperature, look at the Heat Index Chart below. As an example, if the air temperature is 96°F and the relative humidity is 65%, the heat index – how hot it feels – is 121°F. The black area without numbers indicates extreme danger. The National Weather Service (NWS) will initiate alert procedures when the Heat Index is expected to exceed 105°F-110°F (depending on local climate) for at least 2 consecutive days. NWS also offers a Heat Index chart for areas with high heat but low relative humidity. Since heat index values were devised for shady, light wind conditions, exposure to full sunshine can increase heat index values by up to 15°F. Also, strong winds, particularly with very hot, dry air, can be extremely hazardous.

NOAA’S National Weather Service
Heat Index

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<th>Temperature (°F)</th>
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Excessive Heat Warning – issued if there is a heat index of at least 105 degrees for more than 3 hours per day for 2 consecutive days or if the heat index is greater than 115 degrees at any period of time.

During a Heat Wave
- Slow down: reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health problems should stay in the coolest available place, not necessarily indoors.
- Dress for summer: Wear lightweight, loose fitting, light-colored clothing to reflect heat.
- Eat light: Choose easy-to-digest foods such as fruit or salads. If you pack food, put it in a cooler or carry an ice pack. Don’t leave it sitting in the sun. Meats and dairy products can spoil quickly in hot weather.
- Drink plenty of water that is not very cold: Focus on decaffeinated fluids. Drink water even if you don’t feel thirsty. If you are on a fluid restrictive diet or have a problem with fluid retention, consult a physician before increasing consumption of fluids.
- Use air conditioners: Spend time in air conditioned locations such as malls and libraries if your home isn’t air conditioned.
- Use portable electric fans: Fans exhaust hot air from rooms or draw in cooler air. Do not direct the flow of portable electric fans toward yourself when room temperature is hotter.
- Minimize direct exposure to the sun. Sunburn reduces your body’s ability to dissipate heat.
- Protect your electronics: Don’t leave cell phones and GPS units sitting in hot cars.

What To Listen For
Heat Advisory – a period of hot temperatures is expected
Excessive Heat Watch – when the heat index is expected to be greater than 110 degrees during the day for 2 consecutive days
Excessive Heat Warning – issued if there is a heat index of at least 105 degrees for more than 3 hours per day for 2 consecutive days or if the heat index is greater than 115 degrees at any period of time.
Wildfires
You can’t fight a wildfire that is coming up to your house. However, you and your family can take steps to protect it and evacuate when necessary.

Before a Wildfire
- Build an emergency kit. Include a first aid kit, canned food and a can opener, bottled water, battery-operated radio, flashlight, protective clothing and written instructions on how to turn off electricity, gas, and water.
- Establish a family communication plan. This helps protect you and your family by allowing all family members to communicate and escape safely from danger. Ready.gov offers specific resources on building an emergency kit and creating a family communication plan.

During a Wildfire
- Evacuate Safely. Remain calm while evacuating.
- Lock your home. Keep unwanted people out of your home.
- If alone, tell someone you left and where you are going. You can do this by calling your parents, family member, neighbor, or friend.
- Choose a safe route. You want to get away from fire hazards and watch for changes in the speed and direction of the fire and smoke.

After a Wildfire
- Return only when it is safe. Do not go back to your property until officials declare it safe to do so.
- Be alert for potential dangers. Watch out for ash pits and hot spots. Even after a fire is extinguished, small fires can flare up without warning. Ash pits are holes filled with hot ashes left by burned trees.
- Call your parents or other contact person and let them know you are safe.

Thunderstorms
- Don’t use a phone with a cord. Electricity from lightening can travel over telephone wires through the handset.
- Don’t take a bath or shower. Water can conduct electricity.
- Flooding can occur during every season including the deserts of the Southwest during the late summer monsoon season. Here are some basic safety tips for floods.
  - Turn around, don’t drown
  - Avoid walking through flood waters
  - Just 6 inches of moving water can knock you down, and one foot of moving water can sweep you away
  - If there is a chance of flash flooding, move to higher ground
- Close window shades, blinds and curtains in the room you are in to keep glass from flying into the room if the window is shattered.
- Stay inside!
- Listen to the TV and radio for weather information. Be alert for changing weather conditions.

What To Listen For

Thunderstorm Watch: Severe thunderstorms are possible in your area. Lightning, thunder, hail and heavy rains are possible. You should watch for threatening weather and listen to TV and radio for further information.

Thunderstorm Warning: Severe thunderstorms are occurring in your area. Take cover immediately.

What To Listen For

Fire Weather Watch – issued 12 to 48 hours in advance of red flag warning
Red Flag Warning – high fire danger with increased probability of a quickly spreading fire in the area within 24 hours
Fire Warning – major, uncontrolled fires threatening populated areas and/or major roadways
Evacuation Immediate – evacuation due to wildfire
When you’re in charge, you probably will have to do some cooking. But before you begin, check over these important safety tips. Remember - a smart cook is a safe cook.

**Before You Start**
- Choose a recipe that is right for your cooking ability. Read the recipe through carefully. If there’s a word or direction you don’t understand, ask a grownup for help.
- Gather all the ingredients and equipment you’ll need for the recipe.
- Put on an apron to protect your clothes.
- If you have long hair, tie it back so it doesn’t fall into the food.
- Wash your hands with soap and water and dry them well.

**Safety Checklist**
- Complete page 2 of this booklet and keep it near the phone. Use this information in case of an emergency.
- Have your first aid kit together and know where it is. See page 13 for a list of things you should have in your first aid kit.
- Know what to do in a fire emergency. Review page 3 of this book.
- If you get a minor burn, run cool water over it or dampen a clean cloth and place it over the burned area. Leave blisters intact. Do not open blisters. Do not apply any cream or ointments to the burn. Read more about burns on page 15 of this book.

**Food Preparation**
- Always handle food with clean hands and clean utensils.
- Always pick up a knife by the handle - not the blade. If you need to cut food, use a cutting board. Hold down the food with one hand and cut with the other hand slowly and carefully, pointing the blade away from you.
- Don’t put a knife in a sink filled with dishes or soapy water. You could reach in and accidentally cut yourself.
- Make sure your hands are completely dry before plugging or unplugging electrical appliances.
- Never put your hands near beaters of a mixer while it’s running.
- Never open a food processor or blender until it stops turning.
- Put blades from food processors and blenders aside and wash separately with knives. These can be as dangerous as sharp knives.
- Keep younger children away from electrical appliances and sharp utensils.

**While Cooking**
- Keep clean, dry oven mitts near the stove and oven. Always use them when stirring, picking up pots, and taking things out of the microwave. Be sure to keep them away from hot burners!
- When cooking on top of the stove, always turn pot handles towards the center. Never let them stick out over the edge of the stove. Someone could bump into them.

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**Fruit Breakfast Parfait**
*Makes 4 servings*

- 2 cups chopped pineapple
- 1 cup frozen raspberries, thawed
- 1 cup lowfat vanilla yogurt
- 1 firm, medium banana, peeled & sliced
- 1/3 cup chopped dates
- 1/4 cup sliced almonds, toasted

In glass, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle with almonds.
• Do not use vegetable sprays near an open flame. Spray pots and pans away from the stove. Read and follow the directions carefully.
• Use a plastic or wooden spoon for stirring in a pot. A metal spoon can get too hot.
• When you lift the lid off a pot, be sure to point it away from your face allowing the steam to escape without burning you.
• Set hot pots and pans on a heat proof board or wire cooling rack - never directly on a countertop.
• Keep young children away from stove. Provide an alternative activity to distract them.

Using a Microwave
• Make sure you know how to properly use the microwave. Ask a grownup to show you how so you can use it safely.
• If you cannot reach the microwave door, it is best to leave it alone. Don’t stand on a stool or chair to put food in or take it out, or to reach controls.
  • Don’t turn on an empty microwave.
  • Use only utensils and cookware that are designed for use in the microwave.
  • Always use oven mitts to remove food from a microwave.
  • Never stand in front of a microwave and watch the food cook. Step away and wait for the timer. Food cooked in a microwave continues to cook after it is removed. Let it stand a few minutes before testing for doneness.

Apple Tuna Sandwich

Ingredients:
Makes 3 servings
1 can (6 1/2 ounce) tuna in water, drained
1 small apple, halved (remove seeds and chopped (1 cup)
1/4 cup lowfat vanilla yogurt
1 teaspoon prepared mustard
1 teaspoon honey
6 slices whole wheat bread
3 iceberg lettuce leaves

Combine tuna, apple, yogurt, mustard and honey. Spread 1/2 cup mixture on 3 bread slices. Top each with lettuce leaf and remaining bread. Place on cutting board. Cut sandwiches in half.

Banana Peanut Butter Sandwich

Ingredients: Makes 2 servings
2 tablespoons peanut butter
4 slices raisin bread
1 firm, small banana, peeled and sliced

Spread peanut butter on 2 slices of bread. Arrange banana slices over peanut butter. Top with remaining bread. Place sandwich on cutting board and cut into quarters. Enjoy!
START

You are Safe at Home Alone

ON THE RIGHT TRACK

Read Safety Checklist on Page 18.

Smoke Detectors Not Working. Go Back and Check Smoke Detectors.

Fill out phone numbers and information on page 2. Then move ahead 2 spaces.

Opened door for Stranger - Lose a turn.

Safe at Home Alone

Read about Weather Safety on Page 5.

Remembered to Lock Doors. Move ahead 2 spaces.

Forgot to check in. Go back 2 spaces.

Read Page 13

First Aid

Watched too much TV. Lose a turn.
Number of Players: 2 or more

Object: 
First person to be “Safe At Home Alone” wins!

What you need:
1 die and 1 game piece marker for each person (coins or pieces of paper with player’s name on it work well)

Directions:
• All players shake the die. Highest player starts first. Play then continues clockwise.
• Move the number of spaces shown on the die and follow the instructions, if any, in the square you land on.
• Many instructions are to read a section of this book. Make sure you know where all the markers are before turning the pages!
• The first person to reach “You are Safe at Home Alone” wins!
Answering the Phone

- Never let the caller know you are home alone.
- Use an answering machine to screen your calls. Let the machine take messages if necessary.
- Hang up immediately if the caller says something you don’t like or makes you feel uncomfortable.
- Know how to take a message including date, time and phone number.
- Know your house rules regarding phone use.

Answering the Door

- NEVER open the door for a stranger. An adult could push the door open if given a chance.
- Don’t let anyone know you are home alone.
- Never let anyone in unless you have been told in advance that it’s okay for this person to come in. Someone might pretend to be a repair man or there to read a meter. Tell them to leave a phone number to reschedule an appointment.
- Remember: Anyone can wear a uniform. Just because they are wearing one doesn’t make them official.
- Try to see who is at the door without them seeing you.
- If someone asks to use your phone, ask for the phone number and tell them you will make the call for them.

Coming Home

- Check to see if the door is open.
- Are any windows broken or open?
- Is anything out of place? If yes, go to a neighbor’s phone and call home to see if a family member has come home unexpectedly. If no, call your parents!
- Put your key in the same place everyday so you will always know where it is.
- Is there anyone nearby who makes you feel uncomfortable? If so, go to a place with a trusted adult (neighbors) or call your parents.
- Lock your doors once you’re inside and keep them locked.
- Check in with your contact person once you are inside.
House Rules

Make a list of the house rules you talked about with your family. Include what will happen if you do or do not follow each rule. Know exactly what is expected of you. Here’s a list to get you started. Add more of your own.

- Phone: How long can I use it?
- Chores: Which ones am I responsible for?
- Friends: Can they come in the house? Can I go to theirs?
- Food & Cooking: What can I cook?
- Electrical Appliances: Which ones can I or can’t I use?

- Play Time: When and where am I allowed to play?
- TV/Video Games: How long can I use these?
- Snacks: Which ones are allowed?

Boredom Busters:
Have the supplies on hand you will need for your activities.

1. Work on a collection (stamps, baseball card)
2. Be artistic (watercolor, colored pencil)
3. Practice (instrument, dance)
4. Work on crafts (needlework, sewing)
5. Write (poems, letters, stories)
6. Hobby (reading, magic tricks)
7. Learn (pick an interesting subject and research it)

Do you have any other ideas?
Write them below:

_________________________________________________________________
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_________________________________________________________________
When you are ready to take on the responsibility of being home alone, you also need to take on the responsibility of what to do in an emergency. One way you can do this is to be prepared. It is up to you to know what to do under any circumstance, and where to get help. Take time to learn a few simple rules about safety and first aid.

Assemble a first aid kit and keep it, along with this booklet, someplace where everyone in your family will know where it is. Below is a list of some items you should include in your first aid kit. You may want to add other items. You can also buy a ready-made first aid kit at the store.

**Things To Know Before Adults Leave**

- Where adults are going, telephone number where they can be reached.
- House Rules — play area, TV rules, meals or snacks, bedtime.
- Allergies for all children.
- Names and phone numbers of adult neighbors.
- Your address and phone number and directions to your house.

Be aware of your surroundings. Be alert and watchful for hazards before an accident or injury occurs. Prevention is the best safety measure.

**What You Should Watch For**

- Small toys or objects; keep toys picked up
- Matches and lighters
- Sharp objects such as scissors or knives
- Spills
- Broken glass
- Medications out of reach (never give medication to children without complete instructions from your parents).
- Kettle handles turned to the back of the stove
- Safety plugs in electrical outlets
- Electrical cords away from little ones

**Remember**

If you need to call 911 you must not hang up the phone. After giving information about your needs, the operator may give you instructions in what to do until help arrives. They also will be able to trace your call if needed. Follow any instructions given to you.

**What To Do In An Emergency**

When something happens, you need to be prepared. It is the time to take quick and effective measures to make sure no further injury occurs. It is a time to know when you need help, and where you can get that help. **STAY CALM** and act to the best of your ability.

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**First Aid Kit**

- Adhesive bandages for cuts
- Antiseptic ointment to kill germs in cuts
- Small, medium and large gauze pads for scrapes and wounds
- Small, medium and large sizes of rolled gauze for holding gauze pads in place on arms and legs
- Adhesive tape, 1 and 2 inch widths
- Mild soap for cleaning wounds and scrapes
- Cold pack for bruises (a bag of ice or frozen food such as peas or corn will also work)
- Round-tipped scissors for cutting gauze
- Tweezers to remove splinters
- Flashlight and batteries

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*The information in this medical emergency guide is provided courtesy of Altru Health System, Grand Forks, North Dakota.*
You should know how to get in contact with your parents or grandparents. You should also have an adult close by that you could call on if you need help fast.

FOR ALL EMERGENCIES

911
Medical, Fire, Police

Cuts & Splinters

**What To Do For Cuts**

**Small or Superficial Cuts**
1. Control bleeding by direct pressure.
2. Wash the cut with soap and warm water.
3. Bandage the area.
4. Notify your parents when they come home.

**Large or Deep Cuts**
1. Control bleeding by direct pressure.
2. Get medical help.
3. Keep area clean with sterile gauze or clean cloth.
4. Notify parents immediately.
5. Do not remove gauze. If you need to, add additional layers.

**What To Do For Splinters**

If the splinter end is sticking out of the skin, it usually can be removed with a clean tweezers. After the splinter is out, wash area with warm water and soap. If a child is uncooperative, call for help.

Animal Bites or Human Bites

1. Wash area with soap and water.
2. Cover with clean bandage.
3. Notify parents.
4. In an animal bite, be prepared to describe the animal.
5. Get medical assistance.

Bee or Wasp Sting

You need to be aware if the child is allergic to stings. If the child is allergic and gets stung, you need to get medical help immediately.

1. Try to remove stinger by scraping the area with a stiff piece of cardboard. (Do not grasp and pull on stinger. More venom may be injected and cause more pain.) Get adult help if the child is uncooperative.
2. Apply cold compression (ice cube wrapped in a washcloth).
3. Watch the child closely for any sign of allergic reaction such as itching, swelling, wheezing, cough, paleness, weakness, dizziness, fainting.

Foreign Body in Eye

1. Keep the child from rubbing the eye.
2. If the child cries, the foreign body may be washed out with the tears.
3. Do not attempt to put anything into the eye to remove the foreign body.
5. If a chemical is spilled into the eye, flush with cool water, and call for help.
6. Anything metal in the eye needs medical attention. Do not attempt to remove.
Foreign Body in Ear

1. Tip the child’s head to the side, if the foreign body does not come out, seek medical help.
2. Do not insert anything into the ear to try to remove a foreign body. It may push the object further into the ear canal or cause damage.

Foreign Body in Nose

A foreign body in the nose is usually something a child has placed there. Do not attempt to remove the object, the young child will be uncooperative during an attempt to remove the object and could be injured. Call for adult assistance.

Nosebleeds

1. Have the child sit up. Loosen clothing around neck. Discourage child from blowing nose. Tip head forward.
2. Pinch nose using steady pressure for 5-10 minutes.
3. If it does not stop, seek medical help.
4. Do not put anything into the nose.

Electrical Burns

1. Do not touch the child directly while he is in contact with the current.
2. Pull the plug on the electrical appliance or turn off the circuit breaker if possible. If that is not possible, stand on a dry surface and break the contact using a wooded pole or board.
3. Call 911— all electrical burns should be evaluated by a doctor.

Minor Burns

1. Run cool water over burn or dampen a clean cloth with cool water and place over burned area.
2. Leave any blisters intact. DO NOT OPEN BLISTERS.
3. Do not apply any creams or ointment to the burn.

Major Burns

1. Apply cool water or dampen a clean cloth with cool water and place over burn.
2. Do not apply ointments or creams.
3. Do not open any blisters.
4. Call for medical assistance.

Chemical Burns

1. Flush the area with a large amount of cool clean water. Continue flushing for 15 minutes.
2. Call 911, taking the container of the chemical with you.
3. Follow directions of the medical person until help arrives.

Broken Bones

If you suspect a child may have a broken bone, it is important to know what to do to make sure there will be no further injury.
1. Keep the child comfortable.
2. Do not move the child.
3. Call for help — 911.

If the child is in an area of immediate danger and must be moved to safety, do so very carefully. The injured area should be immobilized before moving the child.
Convulsions (Seizures)

Seizures can be caused by Epilepsy, head injuries, poisoning, and high fevers. When a child has a seizure, he may have generalized muscle twitching, gasping breath, become bluetinged around the mouth, and become unconscious. Most seizures last only a short time. If someone you are with is having a seizure there are measures you need to take to keep them safe.

1. Stay calm.
2. Lay the child down away from all furniture or anything he could be injured by.
3. Turn the child on his side. Do not try to restrict his movements. DO NOT PUT ANYTHING IN HIS MOUTH.
4. Stay with the child until the seizure is over. If the child has difficulty breathing or if the seizure continues more than a few minutes, call 911.
5. Allow the child to rest after a seizure.
6. Notify the parents.

Poisoning

If you think a child may have swallowed something that may be harmful, get help immediately. Take the container with you and call the Poison Control Center at 1-800-222-1222 or 911. Give them the information they need and follow their instructions completely.

You may be instructed to give the child water or milk to help dilute the poison.

Common Poisons:
- medications
- petroleum products
- wax, furniture polish
- laundry pods
- soaps, detergents, cleaners, bleaches
- some plants
- insecticides
- glues
- button batteries

Choking

If a child is coughing, do not interfere. If the child cannot cough, speak, cry, or is turning blue, get help immediately!

CALL 911

Follow the directions given by the 911 dispatcher.

Infant (birth to 1 year) Conscious Child:
1. Support infants head and neck. Straddle over forearm, with head lower than body and give 5 back blows between the shoulder blades.
2. Supporting head and the neck, turn infant on back and give 5 chest thrusts with 2 or 3 fingers, 1/2 inch deep, at one finger width below the nipple line.
3. Repeat steps 1 and 2 until child is able to breath or help arrives.

Put your first aid kit in a dry place where everyone in your family knows where it is.
The Heimlich

How It Works:
Even if the victim has just exhaled, a considerable supply of air still remains in the lungs. By quickly pressing on the area well below his rib cage and just above the navel, you make use of this residual air to force the obstruction up through the trachea and larynx and out of his mouth.

The top portion of the thumb and index finger of your fist form a knob. When pressed against the abdomen, this knob increases the depth and effectiveness of your thrust.

The knob of your fist should be placed directly against the victim's body. Do not squeeze the rib cage; confine the force of the thrust to your hands.

If an older child or person is choking they need help immediately. If they can’t talk or cough:

1. Stand or kneel behind the choking person.
2. Wrap your arms around their waist.
3. Make a fist with 1 hand, place thumb side against their stomach just above the navel and below the ribs.
4. Grasp fist with other hand.
5. Press inward and upward into stomach with quick thrust.
6. Repeat until the object dislodges and the person is able to breathe.

If the person becomes unconscious, lay them on the floor. Straddle their hips. Place the heel of one hand below the ribs and above the navel; place your other hand on top. Press into his abdomen with quick, upward thrusts.

If the choking victim is you, and you are alone in the room, you can use the back of a chair, edge of a table, or railing. Press your upper abdomen into the edge with a quick, upward thrust. Repeat until the object is expelled.

- Never slap a choking victim on the back.
- Never allow a choking person to leave the room alone.
- Signal for help by clutching your throat if you are choking.
Safety Checklist

- Know the location of the main shut-off valve and the shut-off valves for sinks, toilets, washing machines, dishwashers and other plumbing outlets. Learn how to use these in case of a leak or other emergency. Be sure you can operate these valves. Some may be rusted and hard to turn.

- Know how to lock and unlock doors, including dead-bolt locks. Make sure your key works and you are able to lock and unlock doors easily.

- Practice opening and closing windows. Make sure you will be able to reach them if you need to climb out of it in case of fire. Make sure you are able to climb out of a basement window to ground level. Know how to lock and unlock windows.

- Have carbon monoxide detectors on each floor of your home.

- Know what natural gas smells like. If you smell gas, don’t turn on the lights or anything else that is electrical. A spark might ignite the gas and cause an explosion. Leave immediately. Go to a neighbor’s house and call the gas company.

- If the electricity goes off, check to see if power is off only in your home, or in the neighborhood as well. You can tell by looking for lights in the other homes on your street. If power is off only at your home, know how to check your fuse box or breaker box. Make sure your fuse box is clearly labeled so you know which fuse protects which outlets and appliances. An overloaded circuit can cause a fuse to blow or a breaker to trip. Turn off some appliances to keep this from happening. Reset the breaker.

- Have a flashlight and battery operated radio with fresh batteries available. Know where these are located. Do not store the batteries in the flashlight or radio since they can corrode over time. Practice putting the batteries in the flashlight and the radio in the dark.

- Have smoke detectors in each bedroom and on each level of your home. Make sure the batteries are working.

- Test monthly and change batteries when you change your clocks.

- Have extra food and water available in case of an emergency.

- Fill out completely page 2 (Important Phone Numbers and Information). Keep this book in a handy place and make sure your family knows where it is.

- Know how to get emergency help. Dial 911 from ANY phone - even a cell phone.

- Have a memo board in a convenient place where everyone in the family can leave notes in case someone’s schedule changes.

- NEVER open the door for strangers.

- Keep hazardous and flammable materials stored safely.

- Keep your key in a safe place where it won’t get lost and others won’t see it.

- Have a family password. If someone tries to pick you up and you don’t know about it, ask them to tell you your password. If they don’t know it, check with your parents. Once you have used a password, pick another one. Never let anyone other than your family know what it is.

- Make sure you have checked things before you leave the house. Lights out? Do you have your key? Are pets taken care of? Water off? Door locked?
Draw a map of your neighborhood. Put a ★ on the places you are allowed to go. Put an X on the places that are off limits. Name the streets and other locations.