

PREVENTING UNINTENTIONAL INJURIES

TAKE CARE OF YOUR - AND YOUR FAMILY'S - HEALTH

1. DON'T SMOKE!
2. Exercise regularly.
3. Eat a healthy diet that's low in total fat and high in fruits, vegetables, whole grains and lean protein.
4. Have age appropriate routine check-ups and screening exams.
5. Monitor your weight, cholesterol level, and blood pressure.
6. Follow the nationally recommended immunization schedule for children and adults: go to www.immunize.org for current guidelines.
7. Become familiar with the early warning signs and symptoms of diseases such as diabetes, stroke and heart attack.
8. Learn basic first aid techniques and CPR.
9. Manage your stress.

FOLLOW BASIC SAFETY RULES

1. Supervise all children's activities, especially swimming.
2. Install safety devices in your home - smoke and carbon monoxide detectors, fire extinguishers, and cabinet latches if small children are present.
3. Develop a Family Emergency Plan for at home, and if an emergency happens in the community - include a list of emergency contact numbers.
4. Wear appropriate safety equipment at home, work, and play.
5. Insist that everyone wears a seat belt in the car and that young children are properly restrained in car seats.
6. Keep Emergency Supply and First Aid Kits at home and in the car.
7. Read and follow labels on medications and poisons - store in a safe place.