

# HOLIDAY SAFETY TIPS

The holiday season is a time for family and celebration; however, it is also a time to be alert to prevent accidents. During the holiday break, children have increased access to digital devices which increases risk of exploitation. According to the National Institute of Health, emergency departments experience a sharp increase in patient volume during the Christmas and New Year holidays.

The following are tips to stay safe this holiday season.



## Age-Appropriate Toys

Toys with small pieces, including button batteries, can be a choking hazard. Be sure to look at the recommended ages when shopping for toys.



## Home Safety

House fires can be caused by overloaded outlets or extension cords, leaving kitchen appliances unattended when in use, or leaving burning candles unattended. To be safe at home, check smoke alarms to make sure they are working properly.



## Cyber Safety

Teach your child to keep locations private and not share personal information with strangers. Check your child's devices regularly and know how to get access to all their online accounts.



## Cooking

To prevent foodborne illness, keep raw foods such as meats and vegetables separated when prepping, cook foods thoroughly, and refrigerate perishable leftovers within 2 hours. Also, keep sharp knives away from small children.



## Travel

Motor vehicle crashes are the number one cause of death amongst children ages 1-19. Remember to watch out for children in busy parking lots, don't text and drive, and always buckle up. Secure children in a child safety seat that is appropriate for their height and weight.



**Child injuries are preventable. The Maverick County Child Injury Prevention Coalition wishes you and your family a happy and safe holiday season.**



Texas Department of State Health Services

