



News You Can Use



Winter 2017

First Annual Carbon Monoxide Awareness Week Held November 5—11, 2017

Carbon monoxide (CO) is also known as the “silent killer” because it is odorless, tasteless and invisible. But it is quite lethal—and children, infants, pregnant moms and senior citizens are especially vulnerable.

November is a good time for extra awareness because CO deaths are more common when it gets cold and when natural disasters hit—whether it’s a significant snowstorm or a hurricane like Harvey, Irma or Maria.

That’s why Senators Amy Klobuchar (D-MN) and John Hoeven (R-ND), a bipartisan pair of U.S. senators from neighboring cold weather states, got together to designate the week of November 5-11 as Carbon Monoxide Poisoning Awareness Week in [Senate Resolution 296](#).

The bitter cold is what led to the deaths of 15-month-old Zachary Todd Burt and his 4-year-old brother, Nicholas. Both were preventable tragedies that drove Sen. Klobuchar to work so hard on this important issue. The two died in their beds in Kimball, MN, because a malfunctioning furnace was spewing out deadly CO.

“What haunts me is that I could have prevented their deaths,” Cheryl Burt told Congress in 2009 when she testified about the need to warn other people about the dangers of CO. “As a mother, I feel I should have prevented it. I knew a little about carbon monoxide alarms, but didn’t realize their life-saving value.”

Senator Hoeven was similarly inspired to act after four North Dakotans died in 2015 from an improperly vented water heater, including 6-year-old Jabin Newmes. Greater awareness may prevent future tragedies like those.

Senators Hoeven and Klobuchar would like you to be aware that the signs and symptoms of carbon monoxide poisoning are similar to the flu: severe headaches, dizziness, fatigue, nausea and confusion. If more than one person in your household has these symptoms, it’s important to get out of the house and call 911. In addition:

- Make sure there’s a working CO alarm on every level of your house and near every bedroom. Test them every month to make sure they’re working correctly, and replace them according to the manufacturer’s instructions. There are “no worry” combo smoke alarm/CO detectors available in which the battery lasts for 10 years.
- If you need to warm up your car, make sure to back it out of the garage.

- Keep gas powered generators outside and away from the house with the exhaust aiming away from the home. Never in the home.
- Check the vents for the dryer, furnace, stove and fireplace outside your home to make sure they’re clear of any snow or other debris. The same is true for your car’s tailpipe.
- If the CO alarm sounds, leave the house immediately. Call 911 or the fire department after you are in a location with fresh air. Remain outside or by an open window until emergency personnel arrive.

Safe Kids’ work on carbon monoxide is made possible by Kidde; we are also joined by the National Association of State Fire Marshals. **For more information on CO poisoning, read Ryan’s story on page 24-25.**



SAFE KIDS “STAR” -



This past month has been a bitter sweet one at the Safe Kids Grand Forks office. Our team was able to welcome Lisa to Safe Kids Grand Forks as our new Department Assistant. We are thrilled to have her be a part of our work. However, we welcomed Lisa because our dear friend and colleague, Sandy Schuster is retiring. We are happy that Sandy will be able to spend more time with her family, especially her beloved grandkids but we will certainly miss her. In the 9 years that she has been a part of our team, she has been the "glue that holds us together". She has not only been a co-worker but a dear, dear friend with a kind and compassionate heart. Her work helped us in our work to save children's lives. Sandy will be dearly missed!! But, we celebrate a coming and a going with members of our AMAZING team. Whether these folks are paid staff or volunteers, new to the team or have been here a long time, they are committed to our mission of keeping kids safe. They share a passion to help people and to make a difference in this world.

Again, welcome Lisa Raymond and farewell dear Sandy Schuster!!

To reach Lisa, contact her at 701.780.1639 or eraymond@altru.org

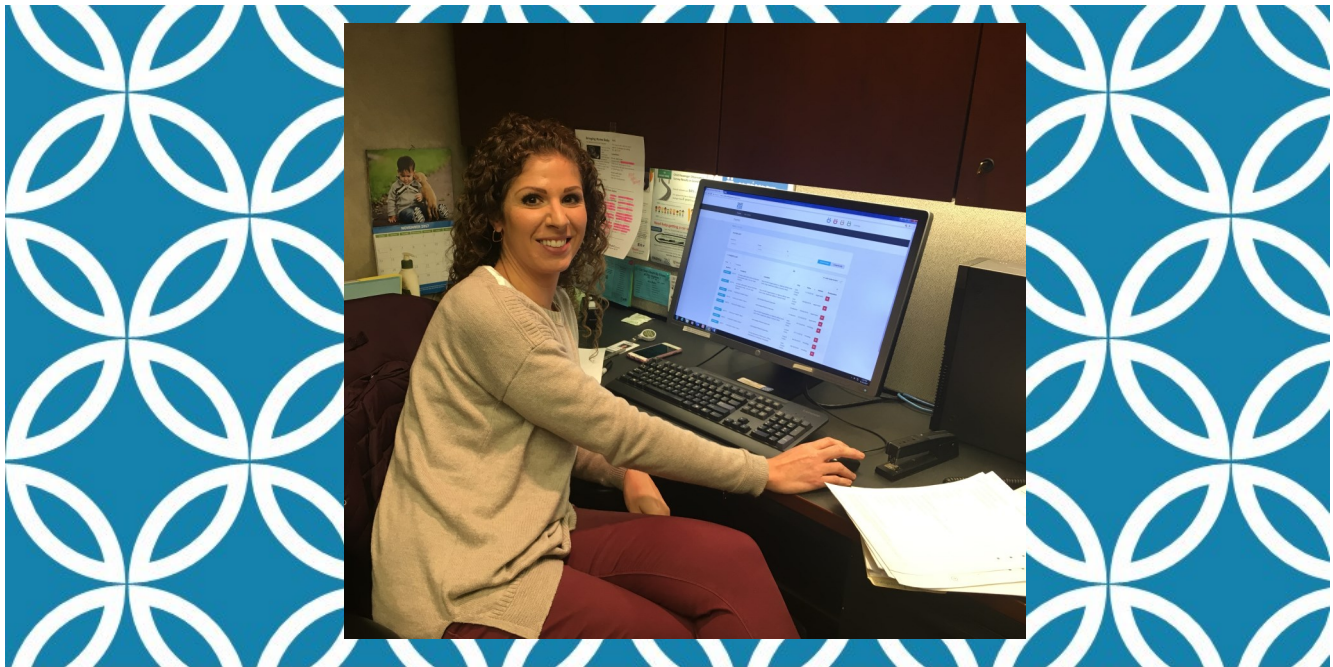
Thank you for
your service to
Safe Kids Grand
Forks, Sandy!!

For all your
years of service,
you are our
Safe Kids Star!!



Sidelines: A Publication For the Competitive Athlete

Whether your sport is a winter one and just getting underway or any other season of the year, Sidelines is a publication put out by Altru Health System, the lead agency for Safe Kids Grand Forks. This magazine is published annually and is filled with lots of information to keep athletes “in the game”. Check it out on our web page at: <http://www.safekidsgf.com/SportsSafety.html>



**WELCOME TO OUR TEAM, LISA!!
WE ARE THRILLED TO HAVE YOU!**

To contact our new Department Assistant, email eraymond@altru.org or call 701.780.1639.

**SAFE
K:DS**
GRAND FORKS

Essential Oils: A Poisoning Risk

Just because essential oils are derived from natural sources does not mean that they are free from poisoning risk. Children are at risk for harm from essential oils in multiple ways. If children drink certain oils, they can have effects like seizures or coma, liver toxicity or chemical burns. If they try to drink the oils but aspirate (get the oils into their lungs), they will develop pneumonia. Finally, because of thinner skin in children, they are at risk for toxicity because of increased absorption of oils applied topically. Although all essential oils can cause

harm; camphor, clove, lavender, eucalyptus, thyme, tea tree, and wintergreen oils are highly toxic.

The Tennessee Poison Control Center saw a doubling of calls regarding essential oil toxicity between 2011 and 2015. This shows the importance of proper storage and safety measures for essential oils. These should be kept locked away from children just as any other medication in your home.



In case of unintended essential oil exposure or ingestion call Poison Control at 1-800-222-1222.

This information has been provided by Dr. Susan Zelewski, a pediatrician at Altru Health System and a



Our Safe Kids Grand Forks office location has moved (again). We are now located in the basement of the Altru Clinic in East Grand Forks. This building is located 3 blocks east of Cabela's and across the street from the domed city building on DeMers. Our address is:

607 DeMers Avenue

East Grand Forks, MN

Our Safe Kids and personal phone numbers have stayed the same. The main phone line is:

701.780-1489

Our email remains safekids@altru.org and our web site is www.safekidsgf.com

You can also LIKE us on Facebook at Safe Kids Grand Forks

As in the past, we are here to help the community, patients and our customers but we do ask that people call for an appointment rather than just stopping by. Our staff are often out in the community at events/teaching classes, etc. and we don't want to miss you when you stop over.

Our department is not open/staffed from 8-5 like other clinic departments so your assistance in setting up an appointment to get help is appreciated.

As always, we are here to help with keeping kids safe at HOME, at SCHOOL, at PLAY and ON the WAY!!

Featured Car Seat – Evenflo Spectrum

This booster seat looks a little different from what we are used to seeing. Notice the armrests and how they are sitting further out from the seat - this is a great feature for kids who buckle themselves. Boosters with traditional arm rest often have the seat belt routed incorrectly, these arm rests remove that problem!

This seat also has Lyf+Guard which is an advanced compression technology made up of multiple layers of energy-absorbing materials designed to compress upon impact, helping to lower the risk of injury.

Retail \$60



Thank you
for your
service to
Safe Kids
Grand Forks,
Sandy!!



SAFE KIDS DAY

Car crashes, fires, drownings, poisonings, falls and other injuries are the #1 cause of death to kids in the United States. Join us for this FREE event and help make every kid a safe kid. Visit our interactive booths with information and prizes.

Safe Kids Day 2018
Saturday, April 14
10 a.m. - 1 p.m.
Grand Cities Mall
1726 S. Washington St.





Have you liked Safe Kids Grand Forks on Facebook yet?

What are you waiting for??



- Check out our events section to see a list of events we will be attending in the community.
- Watch for updates of different safety topics including; Water, Motor vehicle and child passenger safety in and around motor vehicles, Wheeled sports (bike, scooters, skateboard, in-line skates) Sports, ATV's, Playground, Farm and Summer safety, Poison, Fire and burns, Infant products, Safe travel, Pedestrian and Back-to-school safety, Halloween safety, Choking and strangulation, Home safety.



- Ask questions
- View our weekly Area Voices blog
- Contact information for the Safe Kids Grand Forks office:

Phone: 701.780.1489

E-mail: safekids@altru.org



WHAT WON'T YOU SEE WHEN YOU GLANCE AT YOUR PHONE?

100% OF DRIVERS on phones are distracted.

You are no exception.

Upcoming Grand Forks courses:

Alive at 25: February 4, 2018

Defensive Driving Course, 4-Hour:

December 2, 2017

February 10, 2018

DDC Distracted Driving Online:

Anytime

www.ndsc.org/TrafficSafety





2018 Car Seat Check-Up Events

presented by: **SAFE KIDS GRAND FORKS** **Altru** HEALTH SYSTEM

Rydell cars.com



2700 S. Washington St., Grand Forks

Second Thursday of every month from 4-7 p.m.

January 11	July 12
February 8	August 9
March 8	September 13
April 12	October 11
May 10	November 8
June 14	December 13

No appointments needed at Rydell's

Fire Station 5



1002 47th Ave. S., Grand Forks

January 25	1-3 p.m.
February 26	9-11 a.m.
March 28	1-3 p.m.
April 25	9-11 a.m.
May 21.....	1-3 p.m.
June 25	9-11 a.m.
July 25.....	1-3 p.m.
August 23.....	9-11 a.m.
September 24	1-3 p.m.
October 24.....	9-11 a.m.
November a	1-3 p.m.
December 27	9-11 a.m.

Appointments at Fire Station preferred, call 701.780.1489

Stop by either location and make sure your children have a safe ride.

Baby on the way?

Register for our "Bringing Home Baby" class taught by a certified car seat technician. This class will provide you with basic car seat education, hands on practice and assistance with installing your car seat in your vehicle.

To register call 701.780.5179.



For more information, contact Safe Kids Grand Forks at 701.780.1489 or visit www.safekidsgf.com





Car Seat Check-Up Events

presented by:



in cooperation with
Hanson's Auto & Implement

110 5th Street West, Grafton, ND

To schedule an appointment, call Walsh County Health Department at 701.352.5139.

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's car seat on a recall list? Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with Walsh County Health District and Hanson's Auto & Implement to offer routine car seat check-ups. These will be offered from 4:30-6 p.m. at Hanson's Auto Body, downtown Grafton by appointment only.



Proud Program Sponsors



2018 Dates

February 1

May 3

August 2

November 1



Car Seat Check-Up Events

presented by:



in cooperation with
Brost Chevrolet

1600 University Ave, Crookston, MN

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's safety seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with Brost Chevrolet to offer regular car seat check-up events. These are offered on the dates listed from 4:30-6 p.m.



Stop by and make sure your children have a safe ride.



2018 Dates

January 25

April 26

July 26

October 25

For more information, contact Altru Clinic Crookston at 218.281.9100.

thank you!



Rydell Auto Center is our community partner for our monthly car seat check up events. We also hold classes there two times per month for expectant parents to learn how to install their car seats correctly.

During the last part of 2017, their showroom and conference room at Rydell's will be undergoing a remodel. That caused us to need to find a classroom space that was close by the dealership so we could continue to use the service area for the car seat installation part of the class. We are so grateful to Job Service North Dakota (right across the street from Rydell's) for allowing us to use space within their facility for some of our classes. They graciously offered to accommodate our classes in their facility and we are so grateful for wonderful partners in our community who help support our injury prevention efforts. Thank you, Job Service North Dakota AND Rydell Auto Center!!

International Walk To School Day

While International Walk To School Day was officially held on Wednesday, October 4th, we were able to celebrate with 10 schools and childcare centers, as well as the Grand Forks Library over the first two weeks of October. We were fortunate to have “Clifford— the Big Red Dog” on hand once again to greet students arriving at schools and deliver the book “Clifford Takes a Walk” to over 100 classrooms. At several schools, Clifford was accompanied by Grand Forks Police Department officers who served as guest readers. We estimate that at least 500 students walked on the day of their school’s event!

We are so grateful to our volunteers, schools, Grand Forks Police Department and, of course, Clifford for making our events so successful.



Grand Forks Public Library Storytime



Century Elementary Head Start



Even Thompson football players love Clifford



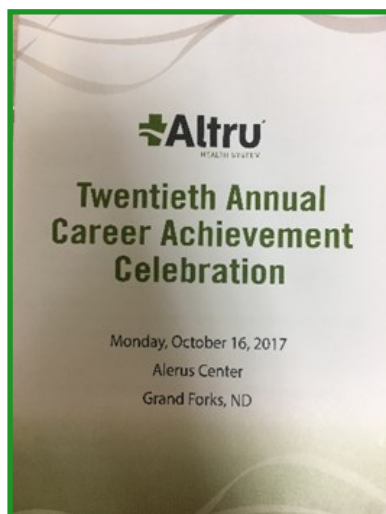
Officer Jon Lampi, Clifford and J.Nelson Kelly Principal Mike Lamoine



Physical education teacher, Terry Davis, Clifford and Lewis & Clark Principal Kelli Tannahill



Patty Olsen Recognized by Altru Health System for 10 Years of Service



When Patty Olsen first moved to Grand Forks from the East Coast, she was a stay-at-home-mom of two boys. She came to a car seat check-up event as an attendee and soon after, she became a volunteer

car seat technician. When Safe Kids Grand Forks received a Safe Routes To School grant, Patty was brought on as a staff person after having worked one year at Altru Health System in their library. On October 16, 2017, Patty was recognized at the annual Employee Recognition Dinner for her 10 years of service to our organization, nine of which have been in the Safe Kids Department. Whether Patty is training crossing guards, checking car seats, teaching kids about safely getting to school or fitting and distributing bike helmets, her days are

spent helping to keep the kids of our community and region safe. We are grateful to have Patty on our team and congratulate her on her 10 years of service to our organization and to Safe Kids Grand Forks.



Intern Update

For the past year and a half, we have been blessed to have Madison Wessling, a UND Public Health student working in our office. This past summer, she was accepted into the MCHC/RISE-UP program. The mission of the program is to enhance public health leadership training to focus on elimination of health disparities and promotion of health equity. There were over 700 applications and only 64 candidates were chosen; Madison was fortunate to be one of the candidates selected.

She spent the summer working at the Sioux Falls, SD site where she was placed on duty with the Helpline Center. The Helpline Center is a

multifaceted organization that houses a call center for 211 related phone calls for 16 counties in SD and is certified to handle National Suicide Prevention Lifeline related calls. The Helpline Center supports "Volunteer Connections" which is a program that connects South Dakota citizens to volunteer opportunities in their community. The Helpline Center also advocates and educates the community on Suicide Prevention and Crisis.

Madison noted that she felt incredibly blessed to be given the placement with the Helpline Center because she knew she was making a difference in South Dakota. While we were sad to not have her at our Safe Kids office, we

were thrilled that she was gaining valuable work experience to launch her into her career in Public Health. As we noted in our summer newsletter, Madison graduated from UND in August and we wish her well in her future career and thank her for her time with Safe Kids Grand Forks.



Pictured are Madison Wessling (left) and Jessica Knutson (right) before heading off to their summer internships.



Winter sports means winter helmets are needed to protect your head. Have you got yours?



Protect yourself and children from a serious head injury this season! Wear a helmet when you and your family are skiing, sledding, ice skating or snowboarding. There are special helmets made just for these sports. They are made of a harder plastic, contain extra padding for protection and warmth and have a strap to affix ski goggles.

Safe Kids Grand Forks is taking orders for winter sports helmets for adults and children that are available at a greatly reduced price. Contact us at safekids@altru.org or call 701.780.1489 to place your order. We can fit heads of all sizes!!

Winter sports helmets are available in three colors and cost \$25.



Small only

**SAFE
K:IDS**
GRAND FORKS



Hot Cars Legislation

Philadelphia, PA – KidsAndCars.org is elated to announce that today the HOT CARS Act was advanced by the Senate Commerce, Science, and Transportation Committee as part of the AV START Act (American Vision for Safer Transportation through Advancement of Revolutionary Technologies Act, S. 1885). The legislation will require technology be put in vehicles as standard equipment to help prevent children from dying of heatstroke in cars.

We want to thank Senators Richard Blumenthal (D-CT), Al Franken (D-MN) and Roger Wicker (R-MS) for sponsoring the HOT CARS Act (S. 1666) and Senators Blumenthal (D-CT) and Wicker (R-MS), members of the Commerce Committee, for offering this life-saving provision as an amendment. This safety advancement will help spare countless families from having to suffer the unthinkable loss of a child. Their steadfast commitment to the safety and well-being of America's children is to be recognized and praised. This is a huge step in the right direction towards eliminating preventable hot car deaths of children.

"It can take mere minutes on a hot day for a car to turn into a deathtrap for a small child. Since I first introduced the HOT CARS Act in July, there have been nine deaths – nine deaths that might have been prevented with a simple sensor. I was proud to work with my colleagues and countless tireless advocates to craft this legislation,

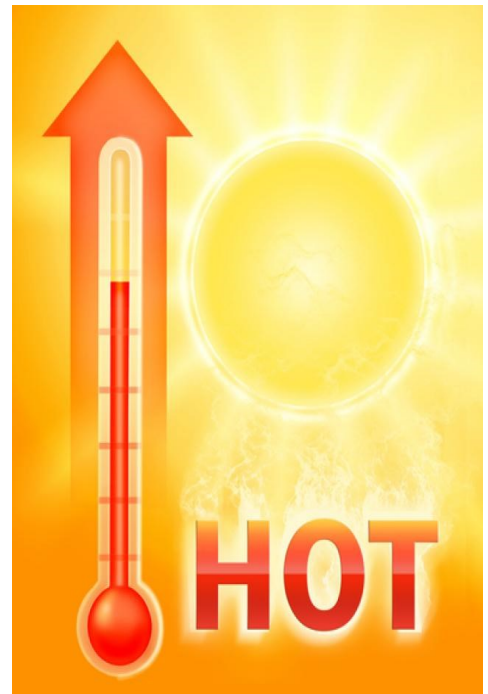
which will ensure every new car sold in the United States is equipped with the basic technology to save a life."

Since 1990, over 800 children have died in these tragedies. On average, 37 children die needlessly every year from vehicular heatstroke. Sadly, in 2017 we have already exceeded that average with 40 deaths and there are still 3 months to go. Children can perish in temperatures as low as 50-60 degrees.

Families who lost children have publicly shared their personal tragedies time and time again so others will not have to endure the same unending grief.

Norman Collins, grandfather to Bishop Collins who died in a hot car in 2011 said, "As the grandfather of an infant who passed away in a hot car, it helps to heal my heart to know that the legislation is moving forward. The lives of so many children and the agony of their families will be spared which helps my family to realize that the death of our dear Bishop was not in vain."

These deaths are not just affecting the families of those involved, but also first responders. Christine Hladky, an EMT who responded to an 'infant left in vehicle' call, recounts "I cried the entire time I performed chest compressions. This went on for almost 30 minutes." Christine was later diagnosed with PTSD and had to leave her beloved profession, as have other responders who found they could no longer work in that field.



"The data shows that education is not enough when parents under stress or experiencing sleep deprivation can unknowingly leave a child alone in a vehicle. All it takes is a simple change in a daily routine to cause a parent to drive past their childcare center. This bill, when signed into law, will utilize technology that is already available and being put into vehicles to save precious young lives," said Janette Fennell, founder and president of KidsAndCars.org. "Bravo," she continued.

To learn more about nontraffic dangers to children visit www.KidsAndCars.org.



Give and you shall receive!

#givingtuesday
nov 28, 5pm-close
10% of sales goes to a
local charity, plus —

- first 50 guests get a \$5 gift card and a bonus gift*
- enter our \$100 gift card raffle**
- meet well-known style bloggers
- enjoy light refreshments

*While supplies last. **Must be 18 years or older and present to win.



Safe Kids Grand Forks is pleased to have been chosen as the non-profit for this event. Stop by and visit our booth, do some shopping and support our injury prevention efforts.

Gordmans | *G*THANKS





EVERYONE in the car should be buckled.
ANYONE under 8 years of age **AND** under 4'9" tall should be riding in a car seat or booster.

NEED HELP GETTING ONE?

Safe Kids Grand Forks has received a one year grant to distribute **FREE** car seats and boosters based on need.

Sign up to attend 1 of our car seat distribution dates:
Nov 20th | Dec 19th | Jan 18th | Feb 22

Registration is **REQUIRED** to ensure the correct number of seats are available.

For more information and to sign up, contact Safe Kids Grand Forks at 701.780.1489

Signing up for our quarterly Safe Kids newsletter is quick and easy. Visit <https://www.altru.org/patient--visitors/eneewsletter-sign-up-form/>

Newsletter Sign-Up

First Name* Last Name*

Email Address*



Enter your name and email address.

Choose All That Apply

- Altru Advanced Orthopedics eNewsletter
- Altru Health Foundation eNews
- Altru's Weight Management Program eNewsletter
- Community Events and Information
- Diabetes eNewsletter
- Enrich eNewsletter
- Horizons of Hope eNewsletter
- Safe Kids eNewsletter
- Truyu Inner Circle

Select the Safe Kids Newsletter & hit submit.



An email link to our newsletter, filled with lots of childhood injury prevention information will be sent to your email once per quarter. Enjoy!!



Sledding Safety!” -Continued on page 17

Sledding with friends and family members has been a winter ritual for generations. Anywhere there's snow and a hillside, you can find people sledding. You probably went sledding as a kid, and you'll want to share this fun activity with your kids.

But sledding can also cause injuries, some of them pretty serious. To keep your kids safe while sledding, make sure they follow these safety tips.

Why Sledding Safety Is Important

Though it may seem like harmless fun, sledding injuries send thousands of kids and teens to hospital emergency rooms each year. Head injuries, which can be very serious and even deadly, are the most common sledding injuries seen in emergency rooms. Sledders are most likely to be injured in collisions with objects or people.

Choose the Right Sledding Hill

When hills get coated with snow, they may all look like great locations for sledding, but be very careful when choosing a location for your kids to sled. Not all hills are safe. Here are a few guidelines to follow when it comes to picking the right spot to sled:

- Select a hill that is not too steep and has a long flat area at the bottom for your kids to glide to a stop.
- Avoid hillsides that end near a street or parking lot.
- Avoid hillsides that end near ponds, trees, fences, or other hazards.
- Make sure the hill is free of obstacles such as jumps, bumps,

rocks, poles, or trees before your kids begin sledding.

- Choose hills that are snowy rather than icy. Icy slopes make for hard landings if kids fall off a sled.
- Always have your kids sled during the daytime, when visibility is better. If they do go sledding at night, make sure the hillside is well lit and all potential hazards are visible.

Dress for Cold Temperatures

Since sledding involves playing in the snow outdoors during wintertime, chances are it's going to be cold. Frostbite and even hypothermia are potential dangers. Make sure your kids wear the proper clothing to stay warm and safe.

- Kids should wear sensible winter clothing — hats, gloves or mittens, snow pants, winter jacket, snow boots — that is waterproof and warm, and change into something dry if their clothes get wet.
- Don't let kids wear scarves or any clothing that can get caught in a sled and pose a risk of strangulation.
- Make your kids wear helmets, particularly if they're 12 or younger. Helmets designed for winter sports work best, but if you don't have one, make sure they at least wear a bike helmet or something similar.

Get the Right Kind of Sled

The best sleds can be steered by their riders and have brakes to slow them down. Avoid sleds that can't be steered, such as tubes, saucers, or

toboggans, and never use a sled substitute like a lunch tray or cardboard box. Good sleds are relatively cheap to buy and are well worth the extra money.

Some Simple Safety Rules

Your kids have the right kind of sled and properly fitted helmets, they're dressed warmly, and you've picked out a perfect hill for them to sled down. They're ready to go. There are still a few rules they need to follow, though, to keep themselves and other sledders safe:

- Be sure a responsible adult is present to supervise. In the event someone does get injured, there should always be an adult on hand to administer first aid and, if necessary, take the injured sledder to the emergency room. Call 911 for serious injuries, including neck or head injuries.
- Young kids (5 and under) should sled with an adult, and kids under 12 should be actively watched at all times.
- Children should always sit face-forward on their sleds. Never let them sled down a hill backwards or while standing, and make sure they don't go down the hill face-first, as this greatly increases the risk of a head injury.
- Insist that kids go down the hill one at a time and with only one person per sled (except for adults with young kids).
- Don't let kids build an artificial jump or obstacle on a sledding hill.
- Remind kids to keep their arms and legs within the sled at all times. If they fall off the sled, tell



Sledding Safety -Continued from page 16

them to move out of the way. Teach them that if they're on a sled that won't stop, to roll off it and get away from it.

- Make kids walk up the side of the hill and leave the middle open for other sledders.
- Never allow a child to ride a sled that is being pulled by a moving vehicle.

extra time to dress them properly and make sure they follow these safety guidelines. They'll have a better time, and you'll rest easier knowing you have less to worry about. Sledding is supposed to be fun; keep your kids safe and warm, and you'll ensure that it is!

From: kidshealth.org

Tips for Safer Sledding!



While it's unlikely that kids will be injured while sledding, the possibility definitely exists. Just take a little

Ice is Never 100% Safe!

Vehicle	Minimum Ice Thickness
Person walking	4"
Snowmobile	5-7"
Sedan	8-12"
Pickup truck	12-15"

Minimum Ice Thickness Guidelines for New Clear Ice Only

m1 DEPARTMENT OF NATURAL RESOURCES mndnr.gov/icesafety

Keep Your Athletes Safe from Colds and Flu This Winter



- **Stay Hydrated:** Cooler weather during the winter months can decrease an athlete's drive to drink. Dehydration can decrease saliva production, a first line of defense against disease. Encourage your athlete to carry a water bottle or set an alarm on their phone every 2-3 hours reminding them to drink a glass of water or from their water bottle. Other beverages can contribute to hydration including sports drinks and 100% fruit juices. Fruits and vegetables will also help athletes rehydrate and provide a variety of phytochemicals to keep them healthy.
- **Eat Enough Protein:** Protein is known for its ability to build and repair muscle tissue after hard workouts. It also plays an important role in maintaining a healthy immune system. Provide your athlete with grab and go protein snacks such as:

- ⇒ Celery or apple slices topped with peanut butter and raisins or almonds
- ⇒ Jerky, look for lower sodium, natural, or lightly flavored varieties
- ⇒ Roll up a cheese stick in a couple slices of deli ham or turkey
- ⇒ Make a bean and cheese burrito with black beans, salsa, and grated cheese. Heat in the microwave and wrap in foil to take on the road.

- **Get Adequate Sleep:** Lack of sleep can decrease the immune system and increase risk of colds and other illness. Eight to ten hours of sleep a night may be needed to maintain a strong immune system especially for those who are physically active. Help your athlete get enough sleep by promoting a regular sleep schedule. This may require collecting all electronic devices at a certain time each night. If time allows, an early afternoon nap may be beneficial as opposed to a late evening nap. Promoting good sleep habits will help to regenerate your athlete mentally, physically, and emotionally.

Talk with a sport dietitian to find out healthy ways to enhance your child's athletic performance.

For more information on the sports nutrition services offered at Altru, call our team of Sports Dietitians: Becky at 701.780.6855 or Jenn at 701.732.7624.

This information has been provided by:
Becky Westereng RD, CSSD, LD, CDE
Board Certified Specialist in Sports Dietetics



Safe Kids Worldwide Launches America's Best Crossing Guard Contest: SKGF Nominates Sheriff Rost

In the 1980's, Bob Rost took the initiative to go before the ND legislature to make crossing guards an option in our state. As a member of the Sheriff's Department, getting kids to/from school safely was important to Bob. He has poured his heart into this initiative by providing crossing guard supplies to local schools and by serving as a volunteer crossing guard at Kelly Elementary School in Grand Forks.

Currently, Bob is SHERIFF Rost and every day-rain, shine, heat, snow. . . all through the year, Sheriff Rost is at his post keeping the 500 kids at Kelly safe while getting to and from school. He has done this for the past 13 years both before and after school, hardly missing a day and while serving our county in his important job. Not only does Bob serve as a crossing guard but he trains safety patrols to work alongside him, creating an amazing culture of safety at Kelly Elementary. Sheriff/Crossing Guard Rost is simply ONE of a KIND and our community is safer because of his dedication!!

AMERICA'S FAVORITE CROSSING GUARD CONTEST



Safe Kids Worldwide wants to recognize a crossing guard and school for their contribution to the safety of children in their community.

Safe Kids Grand Forks has nominated GF County Sheriff Bob Rost for his work at J. Nelson Kelly Elementary School.

For over 10 years, Sheriff Rost has been at Kelly School every morning and afternoon guiding students to and from school. In addition to helping students cross safely, he has also equipped students with the skills they need to cross independently and advocate for safe practices.

Beginning in January, it will be up to YOU to vote for Bob – our favorite crossing guard. You'll be able to vote once a day through the end of the month. Go to www.safekidsgf.com and click on the "Vote for Bob" icon. Set an alarm, vote when you clock into work in the morning or find your own creative way to help us show America who has the BEST crossing guard.

If Sheriff Bob wins, the school will receive a \$500 grant, and our favorite crossing guard will win some cool prizes as well.

For more information, contact Safe Kids Grand Forks at 701.780.1489 or visit safekidsgf.com.



Team Up, Speak Up

Safe Kids Grand Forks recently became aware of a new campaign to increase awareness of the dangers of concussions – Team Up, Speak Up. While coaches, athletic trainers, parents and athletes all receive education on concussion prevention and recognition, we know that many of these injuries go unreported, putting athletes at risk for more serious brain trauma. The goal of Team Up Speak Up is for as many of the athletes as possible to hear a simple speech. The core message: that athletes have a responsibility to report to a team leader if they notice concussion symptoms in a teammate. We plan on working with youth sports clubs and school athletic departments throughout the region to promote this campaign over the next several months. We have included an example of the type of document that would be distributed to athletes. If you are interested in promoting this campaign in your community, please contact Patty Olsen at polsen@altru.org or at 701.780.1856. For a sample, see page 26.



DOES YOUR CHILD KNOW WHAT TO DO IF HE OR SHE FINDS A GUN?

The Eddie Eagle GunSafe® program is a gun accident prevention program that seeks to help parents, law enforcement, community groups and educators navigate a topic paramount to our children's safety. Eddie and his Wing Team are on a mission to help you teach Pre-K through 4th graders what to do if they ever come across a gun... **Check out their great resources (video, activity sheets, classroom curriculums, etc.) at <https://eddieeagle.nra.org/>**



STOP!

This first step is crucial. Stopping first allows your child the time he or she needs to remember the rest of the safety instructions.



Don't Touch

A firearm that is not touched or disturbed is unlikely to be fired and otherwise endanger your child or other people.



Run Away

This removes the temptation to touch the firearm as well as the danger that another person may negligently cause it to fire.



Tell A Grown-up

Children should seek a trustworthy adult, neighbor, relative or teacher – if a parent or guardian is not available.

The Grand Forks Sheriff's Department has FREE gun locks that you can get to secure your guns. Stop by there and pick some up or contact us at our Safe Kids Grand Forks office (701.780.1489 or safekids@altru.org) as we also have a limited supply on hand at our location.



Gun Safety Tips For Adults

- Store guns and ammunition up and out of reach of children. They should be stored in separate places from each other.
- Never leave a loaded gun readily accessible in a home. Kids are curious by nature and often don't realize the dangers that guns can pose.
- If your children are visiting other people's homes, make sure you ask if guns are present and develop a plan to assure they are secured and your kids know what to do if they find/see one.
- Visit www.safekidsgf.com for more gun safety resources.

Tanner, a Freshman at UND, recently started volunteering with Safe Kids Grand Forks and is doing some education in the area of sports safety. When we met with Tanner and discussed ways to get involved, he noted that he had suffered many concussions and was willing to share his personal story. Here is Tanner's personal experience with concussions and some tips to make parents, coaches and athletes think about the importance of paying attention to the signs and symptoms of concussions. Thank you, Tanner for sharing this with our readers.

My Personal Experience with Concussions

When you are a young boy or girl, the word concussion doesn't come across as something to worry much about. That needs to change as soon as possible because concussions effect all ages of athletes. Concussions can happen anywhere at any time, but the most common circumstance is when kids, or anyone for that matter, are participating in an activity of some sort. Not only can a concussion be painful when the situation first happens, but it can have traumatic prolonged effects. I didn't know much about concussions and I was playing 5 different sports, that is up until concussions limited that ability when I was young.

Today I am a 19-year-old Pre-Med student at the University of North Dakota, planning to become a doctor after I finish my education. Before college I was very active and involved in many sports growing up. In elementary school and middle school, I played basketball, baseball, football, hockey and track which left me at a high risk for concussions. At the time, no one really talked much about concussions and I never really knew what to look for to even know if a teammate of mine, or even I, had symptoms of a concussion. When I was in 6th grade I was in a championship hockey game when I got checked into the boards and my head ended up hitting the ledge that protruded onto the ice. Nothing good came after that; I woke up in an ambulance after a stretcher had taken me off the ice. I was clueless to what happened and didn't remember any details of the situation I was in.

As a young kid, that incident still haunts me and I remember not going to school for awhile, not playing hockey ever again and it changed my life from then on. After one concussion, the risk or ease of getting another is significantly higher than if never before having one. This could not be more spot on considering the fact I suffered four more concussions after the first one. I had to stop playing hockey after the first one and couldn't continue football later in high school after my second one in my 8th grade year, when head to head contact left me in the same horrible nightmare as the first.

When I got to high school I only played basketball and baseball because my family and I thought that would be best. I then suffered three concussions in basketball my freshman, sophomore, and junior years. The concussions would keep me from school, games and even friends and family. I would get terrible headaches, not sleep, have trouble focusing in school and many more symptoms that made everyday life hard. I went through a lot of therapy and rehab to get my brain healed. After suffering from several concussions, doctors and family members start to question whether you should discontinue sports for good. To me, that would have broken my heart because athletics were my life when I was young, just like they are to many kids. Concussions are not a joke and kids, parents and coaches need to be educated about this topic.

The tough part about concussions is the fact that it's internal and others cannot physically see the damage. As a teammate, parent or coach, knowing the signs of what to look for can make a huge difference in young kid's lives. Parents need to educate themselves and their kids about speaking up if any of the signs of a concussion occur. If one suffers a concussion, then goes back to the activity too soon and suffers another without giving the brain time to heal, the consequences could be life threatening. We all want kids to enjoy the awesome sports this world has to offer. I hope this article has educated and informed you about the issue and it will motivate you to get educated and SPEAK UP about concussions.

-Tanner Ouellette



Pictured are Jake Arel, Eric Pladsen and Tanner Ouellette sharing sports safety tips at Scheels recently. These gentlemen are pre-med/pre-dental students and volunteering with our coalition in the area of sports safety. We are thrilled to have them!!



Car Seat Tech Class

In 2017, for the first time, we held 2 different classes for people to become a certified car seat technician. Our first was in June with 17 students with our “normal” set up of a 4 day class happening during the week. In September, we tried something new: we offered a smaller 3 day weekend class to accommodate those that want to be a car seat tech, but cannot take 4 days off from their job. We had 9 people in this class.

We are so proud of all our new (and experienced) car seat technicians in the Safe Kids Grand Forks coverage area! If you are interested in becoming a car seat tech, please contact Jasmine Wangen at our Safe Kids office to receive information when the 2018 dates become available. 701.780.1660 or jwangen@altru.org



Help us improve the streets and highways in Grand Forks-East Grand Forks!



The Grand Forks-East Grand Forks MPO is updating the Street and Highway element of its Long-Range Transportation Plan and wants your help. Your input is essential to this plan update to ensure it will accurately reflect the needs and ideas of the community.

Access the document at: <http://wikimapping.com/wikimap/Grand-Forks-East-Grand-Forks-MPO.html#f.WclDCsh96Uk>

After clicking “Continue to Map” below you will be presented with a few introductory questions. Then, click **+Add to Map** to place markers and tell us about issues related to:



Access



Safety



Congestion/Driving Conditions



Signs/Signals



Pavement Conditions



Other

IKEA Furniture Recall Secondary to Tip-Overs

Recently, IKEA dressers have been in the news due to them tipping over and killing children, 8 so far. There is a recall on many of their dresser products and several ways the company is looking to remedy the problems. Check it out here and contact the company to get yours fixed if you have a dresser from IKEA.

http://www.ikea.com/us/en/tip_over_campaign/index.html

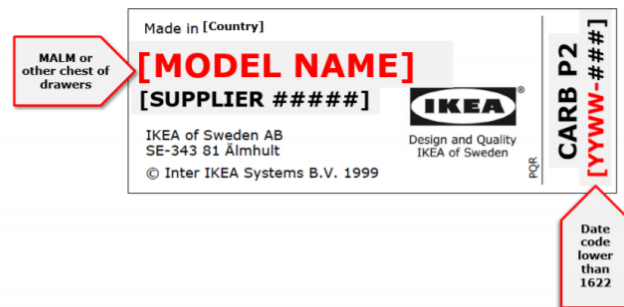
All IKEA children's chests and dressers taller than 23 ½ inches and adult chests and dressers taller than 29½ inches must be attached to the wall, per the assembly instructions. IKEA will provide a kit with screws and anchors free of charge at the register when a chest of drawers is purchased.

If you have previously purchased a chest of drawers unit, a free hardware kit is available in Customer Service Returns. You may also contact us by phone to get a free hardware kit or register to receive one in the mail: www.IKEA-USA.com/securekits

IKEA chests and dressers that were manufactured before June 2016 are subject to recall. To determine whether your unit was manufactured before June 2016, check the product label on the inside of the top or side frame of the unit for a date code lower than "1622":



Product Label:



Recently, Safe Kids Grand Forks received notification that we were a recipient of a \$1,000 grant from Midco Foundation. We are so grateful for their support and partnership in our efforts to keep the kids of our community and region safe. The money granted will be used to purchase specialized car seats for children with special needs. Thank you for your kind donation!!





Carbon Monoxide Poisoning

Things you need to know to keep your family safe in the home.

Ryan's Story

It was a typical weekday morning in March of 2016 when my wife and I woke up to our alarms to get ready for work. I woke up with a slight headache, nothing that would cause concern, but my wife was complaining that she did not feel well either. We both went into the bathroom to get ready and my wife was feeling worse by the minute. I got into the shower and, unbeknownst to both of us, the boiler was exhausting carbon monoxide into our basement and it was working its way upstairs. The longer I showered, the worse she felt until she was lying on the floor feeling dizzy, sick to her stomach and had a pounding headache. My headache was worse by the time I got out of the shower and headed for my son's room to get him ready for the day. When I got to his room, I opened the door. Normally he is bouncing up and down, ready to get up, but that day he was still lying down and looking extremely pale. That's when I started to feel that something wasn't right.

I took my son out of his crib and tried to start getting him ready for the day. Still feeling terrible, I called up my mother and told her that none of us were feeling well, and asked if she could come help me and my wife get ready because I had a meeting to get to. She thought this was strange for me to be calling in the morning and brought up the possibility of carbon monoxide poisoning. After I hung up the phone, I grabbed my son and took him outside to my truck and strapped him into his car seat. I ran back in to check on my wife, who was slowly trying to get ready, still feeling very miserable. When I saw my parents pull into the driveway, I took off with my son to take him to daycare and get to my meeting. When I dropped him off, I told the daycare provider to keep an eye on him because no one in my house seemed to be feeling well, then I went to my meeting.

An hour or so later, I got a call from my mom who said both my wife and son were at the emergency room getting tested for carbon monoxide poisoning and that I should come, too. My wife's carbon monoxide blood level was 24 ppm and at 25 ppm they will airlift you out of Grand Forks. My carbon monoxide

blood level was only about 17 ppm, which was still high but not nearly as bad as my wife's. Our son, thankfully, had minimal exposure since his door was closed and the furnace had not been running much that morning.

When the fire department arrived at our home with their meter, it read 250 ppm, which is off the charts. A normal cause for concern is 35 ppm or higher. They shut off the power to the house and opened doors and windows, but wouldn't enter the home to investigate until it went down to a safer level.

We did have carbon monoxide detectors in the home at the time, but they never went off. We had them so long that the batteries were most likely not functioning. Our message we want to share is to test your carbon monoxide detectors just as often as you check your smoke detectors. Carbon monoxide is an odorless and colorless gas, which is why we had no indication to be concerned that morning. We now have a portable carbon monoxide detector on every floor, and have combination smoke/carbon monoxide detectors throughout the house. The other message would be to get your furnace, water heater, fireplace or other gas/wood burning appliances inspected and cleaned on an annual basis by a technician. They will clean the equipment and look for faulty or old parts that might need to be replaced.

In March 2016, our family avoided a nearly tragic incident that could have ended very differently. We thought we were doing everything that we needed to do to keep our family safe and yet this carbon monoxide poisoning still happened. We share our story in the hopes of preventing other incidents such as this. Please, use the lessons we learned from our story to take the action steps needed to keep your family safe from this danger posed by carbon monoxide. Those actions may just save your life and your family's as well.

Ryan C.
Grand Forks, ND

For more information contact Safe Kids Grand Forks at 701.780.1489 or visit safekidsgf.com.

**SAFE
K:IDS**
GRAND FORKS

Altru
HEALTH SYSTEM



November is Carbon Monoxide Awareness Month

Carbon Monoxide (CO) is an odorless, colorless gas that can kill you. CO is produced from burning fuel. CO can build up indoors from faulty furnaces or appliances, generators, fire places, or cars left running in garages. It can poison people and animals that breathe it in. Carbon monoxide poisoning can cause serious side effects and can result in death.

- From 2010 - 2015, 2,244 people were killed from unintentional carbon monoxide poisonings, That's over 400 each year!
- An estimated 21,000 people go to the ER each year because of CO poisoning,
- 4,000 people end up hospitalized each year because of CO poisoning
- Young children are at greater risk of CO poisoning because of their small size.

Carbon Monoxide Detector Tips:

- Install battery operated or battery back-up CO detectors in your home. Test the alarms regularly, and replace every 5-7 years or according to manufacturer's label.
- Place the detector on every level of your home, and especially near sleeping areas.
- Keep detectors at least 15 feet away from fuel- burning appliances.
- Have your heating system, water heater, and any other gas, oil or coal burning appliances serviced by a technician each year.
- Do not use a gas range or oven for heating your home, cabin or camper.
- Do not use a generator inside your home, basement or garage. Keep the generator more than 20 feet away from any door, window or vent.
- When warming your vehicle, remove it from the garage immediately. Do not leave it in the garage with the door open.
- Make sure vents for the dryer, furnace, stove and fire place are clear of snow and other debris.

Signs and Symptoms

The signs of carbon monoxide poisoning are very similar to the flu. Carbon monoxide poisoning is especially dangerous for people who are sleeping, and the effects of CO poisoning can happen before anyone realizes the problem.

Carbon Monoxide Poisoning	Flu
Dizziness	Dizziness
Weakness	Weakness
Headache	Headache
Nausea	Nausea
Fatigue	Fatigue
Vomiting	Vomiting
Chest pain	Chest discomfort
Mental confusion	Sore throat
Shortness of breath	Stuffy nose
Blurred Vision	Fever/Chills
Loss of Consciousness	Muscle or body aches
	Sneezing

What To Do When the Alarm Sounds

- **If the alarm sounds, immediately move outdoors. Make sure everyone in your home is accounted for.**
- **Call 911 or the fire department. They will come with their meter to check the levels of CO.**
- **If you are experiencing any symptoms of CO poisoning, seek medical attention.**

TEAM UP SPEAK UP

TO FIGHT CONCUSSIONS

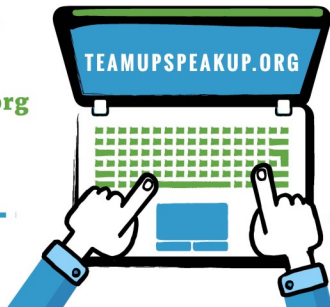
SIGN UP AT: TEAMUPSPEAKUP.ORG

HOW TO PARTICIPATE

We're a team, and we look out for each other. A teammate with a concussion needs your help. I expect you to **SPEAK UP** to a coach or athletic trainer if you think a teammate might have a concussion.

1. TAKE THE PLEDGE:

Have your coaches SIGN UP at TeamUpSpeakUp.org



2. FILM THE SPEECH:

Take a VIDEO of your coaches giving THE SPEECH



3. TAKE A TEAMIE:

Get your teammates together & take a TEAMIE



A "TEAMIE": arms around your teammates, index fingers in the air, showing that you're teaming up.

4. SHARE OUR MESSAGE:

Post your VIDEO + TEAMIE on social media using #TeamUpSpeakUp



TEAM UP SPEAK UP DAY!

THE SPEECH this is the message we want all athletes to HEAR.

We're a team and we look out for each other. A teammate with a concussion needs your help. I expect you to **SPEAK UP** to a coach or athletic trainer if you think a teammate might have a concussion.

Take The Pledge And Learn More At TeamUpSpeakUp.org | Share On Social: #TeamUpSpeakUp

Winter Holiday Safety

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

HOLIDAY DECORATING

- » Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- » Keep lit candles away from decorations and other things that can burn.
- » Some lights are only for indoor or outdoor use, but not both.
- » Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- » Use clips, not nails, to hang lights so the cords do not get damaged.
- » Keep decorations away from windows and doors.



HOLIDAY ENTERTAINING

- » Test your smoke alarms and tell guests about your home fire escape plan.
- » Keep children and pets away from lit candles.
- » Keep matches and lighters up high in a locked cabinet.
- » Stay in the kitchen when cooking on the stovetop.
- » Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- » Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.



Before Heading Out or to Bed

Blow out lit candles when you leave the room or go to bed. **Turn off** all light strings and decorations before leaving home or going to bed.

FACTS

- ! **Two of every five** home decoration fires are started by candles.
- ! **Nearly half** of decoration fires happen because decorations are placed too close to a heat source.



Your Source for SAFETY Information
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169