

Safe Kids Grand Forks News You Can Use

Fall 2013

Altru Health System Hosts Celebration Event for Outstanding Coalition of the Year Award

Altru Health System was delighted to host a celebration event on August 26th for the members of Safe Kids Grand Forks, our partnering agencies, businesses and volunteers who have helped us achieve a distinguished designation. In June 2013, Safe Kids Grand Forks was named the Outstanding Coalition of the Year at the 2013 Safe Kids Worldwide Injury Prevention Conference in Washington DC. There are over 660 coalitions and chapters in the United States and 23 countries around the world. It was quite an honor that our coalition was given this designation and that certainly brought cause to celebrate. Attending the celebration and offering their thanks to those in attendance were Altru Health System CEO—Dave Molmen, COO—Brad Wehe and Renee Axtman, Primary Care Division Administrator. Altru Health System has served as the lead agency for Safe Kids Grand Forks since it was started in our community nearly 25 years ago. Terry Watne, the Manager for the Pediatric unit at the time, approached Altru Health System about taking on this critical role for the coalition.

Altru Health System has been proud to serve as the lead agency but is grateful for all the people, businesses, agencies and volunteers that come together under the umbrella of Safe Kids Grand Forks and all work toward a common goal of childhood injury prevention. During the celebration, those in attendance hear some of the history and plans for the future from Coalition Coordinator—Carma Hanson and the chairpersons for the Safe Kids Subcommittees including: Home Safety (Danielle Kovarik—presentation by Sandy Schuster, Safe Kids Secretary) Water Safety (Talon Stammen), Pedestrian and Wheeled Sports (Patty Olsen) and Child Passenger Safety (Judy Larson). We were also thrilled to have a video from Safe Kids Worldwide CEO, Kate Carr and the staff in Washington DC. They were there in spirit to “celebrate our success with safety” right with us!!

We have made significant progress in the 25 years since Safe Kids Worldwide was started with a 54% decrease in childhood injuries. However, unintentional injuries remain the leading cause of death to children under age 19 and we hope that our coalition and its members will not only celebrate our success, but commit to lots more work to keep kids safe!!!



Celebrating Our Success With Safety



*Outstanding
Coalition
of the Year*



Safe Kids Star

On behalf of Altru Health System, the lead agency for Safe Kids Grand Forks, we give our thanks to the many businesses, agencies and individuals that make up Safe Kids Grand Forks. With each of you bringing your time, talents and resources to the table, we are able to create the outstanding coalition that we have been recognized for being. You are each an important piece in the “puzzle” and we appreciate your contributions to childhood injury prevention in our community and around the region!! With that, we name all involved in our coalition as our Fall Edition Safe Kids Stars!!

The Safe Kids Star for the Fall 2013 Edition is everyone involved in our coalition’s efforts!!



Safe Kids is so grateful for our volunteers. Many of them are busy working at events and in the “public eye”. Ronda, is one of our “behind the scenes workers” that keeps us all supplied with cut noodles, treat bags, pamphlets, and all kinds of other items that she assembles and organizes so we can keep our events going. We are thrilled to see her each week when she comes to volunteer for Safe Kids Grand Forks. A mother and a grandmother, she knows the importance of keeping kids safe and she is a BIG part of our efforts.

We  you Ronda!!!



Outstanding Coalition of the Year - 2013



SAFE
KIDS
GRAND FORKS

Piecing Together Safer Communities

A Commitment to Community

Back-to-School Safety

Car crashes are the leading killer of children 1 to 12 years old in the United States, according to the National Highway Traffic Safety Administration. But the right car seat or booster can ensure that your child rides safely. September is **Child Passenger Safety Month**, so it's appropriate that AAA has continued its commitment to child safety with important donations to the North Dakota Department of Health and the Safe Kids Grand Forks coalition.



The American Academy of Pediatrics recently changed its booster-seat recommendations in regard to a child's weight and height. This meant that the banners the Department of Health used to educate

parents and caregivers on the importance of booster seats became obsolete. AAA made a timely donation of \$5,000 for the purchase of 26 new banners. These will be displayed throughout the state, primarily in pediatric and family practice medical offices.

Also, AAA recently donated \$500 to the Safe Kids Grand Forks coalition to support its child passenger safety program. The coalition is part of Safe Kids Worldwide, which is dedicated to preventing accidental injuries, with more than 600 coalitions and chapters in the United States (and more internationally). Membership includes corporations, health and safety experts, educators, foundations, volunteers, and governments. The Grand Forks coalition promotes child passenger safety in northeastern North Dakota—and received the Coalition of the Year award by Safe Kids Worldwide at its June leadership conference in Washington, D.C.



For more on Car Seat Safety, visit AAA.com/ChildSafety.



3 out of 4

The portion of children who are not as secure as they should be in vehicles because of incorrect car seat use.

71 percent

The amount by which an infant's chance of dying in a car wreck can be reduced by using the correct restraints.

655

The number of passengers age 12 and younger who were killed in motor vehicle crashes in 2010.



The time frame when the highest percentage of fatalities among pedestrians 14 and younger occurs.

19 percent

The portion of 5- to 9-year-olds killed in 2009 by cars, who were pedestrians.

Source: National Highway Traffic Safety Administration

AAA OFFICES

BISMARCK
3113 N. 14th St.
701-223-6660

FARGO
4950 13th Ave. S.,
Suite 15
701-282-6222

BRANCH INFORMATION

Offices are open weekdays 8:30 a.m.-5:30 p.m. Tour, travel and insurance services are available at full-service offices.

- To locate an insurance sales agency or to contact a local agent, visit AAA.com/Branches.

SATURDAY HOURS

Offices are closed on Saturdays. Sales and service agents are available by appointment if needed. To make an appointment with a travel or insurance agent, call your nearest AAA office.

- To locate a AAA Travel Agent, visit AAA.com/TravelAgent.
- To find your nearest AAA Approved Auto Repair shop, visit AAA.com/AAR.

Gun Safety

As fall is upon us and as hunting season begins, Safe Kids Grand Forks reminds parents and caregivers of some important gun safety tips:

- ⇒ Always store guns and ammunition in separate places. Keep guns locked up in a cabinet or with a gun lock.
- ⇒ Safe Kids Grand Forks, thanks to the Grand Forks Sheriff's Department, has FREE gun locks for distribution. If you need one, simply call 701.780.1489 or e-mail safekids@altru.org and let us know how many and how to get them to you.
- ⇒ Remind kids that guns, even toy ones,

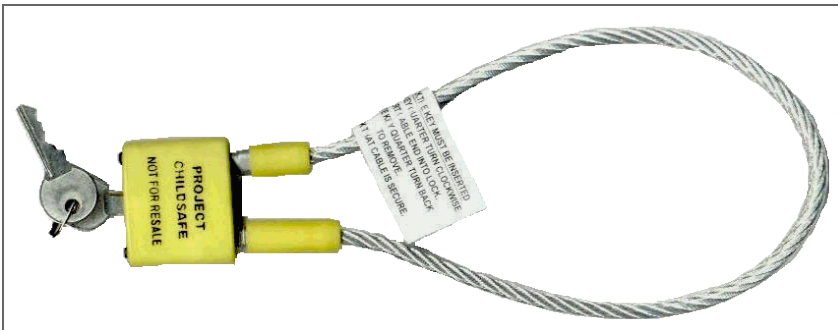
should never be pointed at anything you don't intend to shoot.

⇒ Teach children the following steps to do if they find a gun.

- **STOP**
- **DON'T TOUCH**
- **LEAVE THE AREA**
- **TELL AN ADULT**

These steps are taken from the Eddie the Eagle Gun Safety Program. We have a great DVD with these lessons in it for anyone wanting to check it out of our resource library. It is geared for elementary aged kids and is a great way to reinforce those simple steps.

⇒ If your kids visit the homes of others, be sure to find out if guns are kept in that home and if they are secured as well.



IS YOUR CHILD IN THE RIGHT CAR SEAT?



SAFERCAR.GOV/THERIGHTSEAT



NDSC TRAFFIC COURSES

Making roadways safer in Grand Forks.

For the YOUNG DRIVER

Alive at 25: Traffic Crashes are the #1 killer of teens ages 14-25. Reduce your teen's risk - enroll them today.

Sunday, Sept. 29 - 4pm - 8:30pm
 Monday, Oct. 28 - 5pm - 9:30pm
 Monday, Nov. 18 - 5pm - 9:30pm

Courses approved in ND for point reduction & insurance discount.

For the EXPERIENCED DRIVER

DDC - 4: Learn how to improve the driving skills you have, while learning how to avoid 'the other guy.'

Saturday, Sept. 7 - 9am - 1pm
 Saturday, Oct. 5 - 9am - 1pm
 Saturday, Nov. 2 - 9am - 1pm

For WINTER DRIVING

Slippery Slope: An average of 7,130 people are killed in winter weather crashes every year. Get ready for winter - register today.

Monday, Nov. 4 - 5pm - 9pm
 Wednesday, Dec. 4 - 5pm - 9pm
 Monday, Jan. 6 - 5pm - 9pm

Course approved in ND for insurance discount.

Learn more or register at

WWW.NDSC.ORG

All courses are held at Altru Health System
 860 S Columbia Road, Building 1

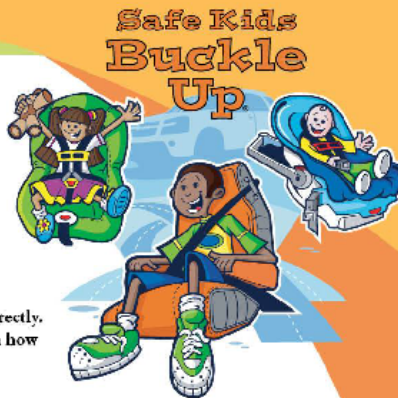
Questions? Call 800-932-8890



Check out these great courses offered by the North Dakota Safety Council. There are lots of ways to keep drivers safe this winter. Check out their web site at www.ndsc.org and get registered today!!

Coming to Oslo!!

Car Seat Checkup Event



Nearly 4 out of 5 car seats are used incorrectly. Could yours be one of them? Come learn how to secure your children the right way!

WHO: For parents, kids and caregivers in the Oslo area

WHAT: A **FREE** Car Seat Check-up Event

WHEN: Thursday - November 21, 2013 from 4 - 7 p.m.

WHERE: Dahlstrom Motors - 301 Main Street - Oslo, MN

WHY: Because 4 out of 5 car seats are used incorrectly, we want to assure that yours is not one of them.

HOW: **YOU WILL NEED AN APPOINTMENT TO ATTEND!!**

To schedule an appointment (20 minutes each), please call Deb Solem at one of the following numbers to select your time:

Cell: 701.739.2003

Home: 218.695.3591

You must bring your child, car seat and vehicle to the event.

Hotdogs, chips and beverages will be served. Hope to see you there!!



Maybe you don't have a seat to be checked but want to learn more about car seats in general (grandparents, caregivers, etc.). Stop by and check out our educational booth. All event attendees or those stopping by our booth will get entered into a drawing to win a Thanksgiving turkey!!



Car Seat Check-Up Events

presented by:



in cooperation with
Rydell GM Auto Center
2700 South Washington Street

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 and Altru Health System are pleased to partner with our local GM dealer to offer monthly car seat check-up events.

These are offered the
2nd Thursday of every
month from 4:00-7:00 p.m.

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

Proud Program Sponsors



For more information, contact
Safe Kids Grand Forks at
701-780-1489 or visit
www.safekidsgf.com

2013 Dates

January 10

February 14

March 14

April 11

May 9

June 13

July 11

August 8

September 12

October 10

November 14

December 12



Car Seat Check-Up Events

presented by:



in cooperation with
Hanson's Auto & Implement
110 5th Street West, Grafton, ND

4 out of 5 car seats are used wrong. 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 local Grafton child passenger safety experts and Hanson's Auto & Implement to offer routine car seat check-ups. These will be offered the 1st Thursday of every other month from 4:00-6:00 p.m. at Hanson's Auto Body, downtown Grafton.



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

Proud Program Sponsors



2013 Dates

February 7

April 4

June 6

August 1

October 3

December 5

For questions, call Donna at
Walsh County Health System,
(701) 352-5139.

We are thrilled to have recently partnered with Brost Chevrolet in Crookston to offer a car seat check-up event. In the past, we held quarterly events in that community at Crookston Motors. Last year when they closed, we were in search of a new dealership to partner with. We are delighted that plans are in the works to bring back quarterly events to the Crookston community. We thank the following entities for making this happen: **Brost Chevrolet** (for providing check-up event space), **Polk County Public Health & Altru Clinic Crookston** (for providing the technician expertise to check the seats) and to **KROX Radio** (for helping us to get the word out to the community and surrounding area about these events). We are grateful that so many are again coming together to help keep the kids of the Crookston community safe in motor vehicles. Check out our Facebook page or web site (www.safekidsgf.com) for more information as the dates for 2014 are secured!!

BROST

CHEVROLET

CROOKSTON, MN

North Dakota Child Passenger Safety Conference

Celebrating 30 years of
buckling up children.

Several members of Safe Kids Grand Forks, along with many other law enforcement officers, child care providers, nurses and car seat technicians from around the state, attended the North Dakota Child Passenger Safety Conference in Bismarck on October 1st and 2nd. We were delighted to have many presenters share their expertise on how to better protect kids in motor vehicles. We were thrilled to have Lorrie Walker, Child Passenger Safety Technical Expert from Safe Kids Worldwide, Denise Donaldson, the owner and editor of Safe Ride News, along with two major car seat manufacturers (Britax and Evenflo), in attendance as well. It was great to hear their expertise and see the products and programs they have to offer. We are proud of those technicians who took time off of their regular jobs to attend the conference and keep themselves updated on the field of child passenger safety. At the conference, we celebrated 30 years since the first car seat law was passed in North Dakota. Wow, we have come a long way since those days but still have lots of work to do!!



Shown here are members of Safe Kids Grand Forks with North Dakota First Lady, Betsy Dalrymple. She was on hand to thank the attendees for their work in keeping kids safe and to hand out Buckle Buddy awards to those being recognized.

Getting Ready to Drive: For Teens

(from Safe Kids Worldwide)

We know your kids are excited to learn to drive, and this can be a good thing for you, too. Use their interest in this topic to have conversations about safety and what the rules will be in your household when they begin to drive. Your driver will need to be a safe passenger, not just in your car, but in every car. But this is an area where safety must come first, and it's never too early to start. Here are a few steps that will help.

Top Safety Tips

Talk to your kids about driver and passenger safety. We'll make it easy for you. Check out our recently created Countdown2drive program, which helps you put together a passenger agreement and guidelines for teens that are specially tailored to your family.

Kids are always watching, even when you think they're not. So be a good example. Try to eliminate distractions by not using a cell phone or texting while driving. Teach your teen or preteen to read maps and help with finding locations. Make it a rule that kids under age 13 ride like a VIP – in the back. This is the safest place for preteens and younger children to sit.

When carpooling, make sure you have enough seating positions and booster seats for every child in your car and that kids enter and exit curbside. Children no longer need booster seats when they can pass the following Safety Belt Fit Test:

The child's knees should bend at the edge of the seat when his or her back and bottom are against the vehicle seat back;
The vehicle lap belt should fit

across the upper thighs; and
The shoulder belt should fit across the shoulder and chest. Children are usually between 8 and 12 years old when the seat belt fits them properly.

Another great resource for information on teen driving comes from AAA. Check out their website and tools at: <http://teendriving.aaa.com>.

For information specific to your state:
Minnesota: www.dmv.org/mn-minnesota/teen-drivers.php

North Dakota: www.dmv.org/nd-north-dakota/teen-drivers.php



International Walk to School Day

In October of every year, millions of children from countries around the world participate in Safe Kids Walk This Way events for International Walk to School Day. The events raise community and global awareness about walking safety and promote healthful behaviors.

Since 1999, Safe Kids Walk This Way and FedEx have teamed up together to celebrate International Walk to School Day. Each year more than 750 schools in 160 Safe Kids Worldwide coalition communities participate in events across the country. Since the beginning of the program, more than 2.8 million students have joined

with nearly 15,700 FedEx volunteers in 7,330 schools for International Walk to School Day – Walk This Way’s largest and most widespread activity.

Safe Kids Grand Forks will be organizing walking events throughout Grand Forks and East Grand Forks. West Elementary will be our flagship school for events that day to highlight changes that have been made through grant work at that school. We are excited that Troy Gerber, local FedEx Manager and his staff have agreed to help us out again this year.

Keep your eyes out for more information through our social media outlets!

Proud Program Sponsor



My Family’s Health at My Fingertips

As parents, it’s our job to worry. When it comes to your children’s health, you want to be as involved and informed as possible. Altru’s MyHealth allows you to keep tabs on the entire family’s health care—right at your fingertips. Here are five reasons to sign up for MyHealth:

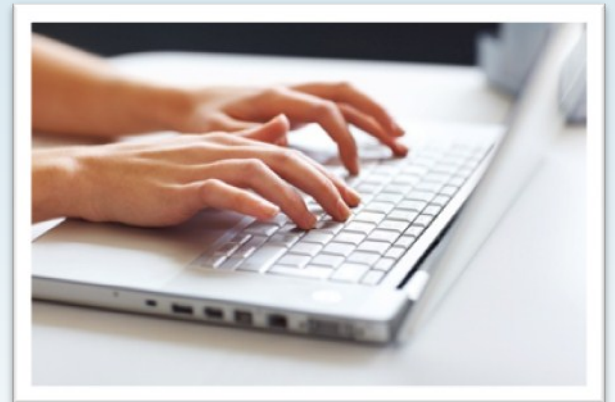
You have direct access to your child’s provider. MyHealth’s messaging option allows you to send a private message to your provider’s office. With proxy access, you also have access to your child’s provider. Maybe you have a quick question about a minor rash? You don’t know if it’s necessary to make an appointment. Skip the phone call and send a message via MyHealth.

You can do it all. Beyond messaging your provider’s office, you can also see vaccination records, view test results, request prescription renewals, review growth charts, manage appointments, review and pay bills and more. (Now, where’s your supermom/dad cape?)

It’s available 24/7. Parents, especially new ones, have questions around the clock. While messages are responded to during office hours, you can always send your non-urgent questions as you think of them—even if it’s 3 a.m. Whether you work full time in a busy office or stay home with noisy kids, it’s not always easy to squeeze a phone call into your jam-packed days. Manage your health when it’s most convenient for you.

It’s paperless. With MyHealth, your electronic medical record is tucked away in one convenient location, minus the paper clutter. Need a vaccination record for daycare or school? Simply log in and print. Avoid the file-digging frenzy.

It’s free. This service is available to all Altru patients free of charge. Stay informed and be an active participant in your family’s health, without spending a dime.



Easy, immediate access to health information helps you make smart, safe decisions for the entire family. Put your health (and your family’s health) in your own hands. Activate your MyHealth account by visiting altru.org/MyHealth.

Pedestrian Grant Updates

Safe Kids Grand Forks is wrapping up work on two different pedestrian safety grants from the 2012-2013 school year.

School Safety Committee Grant at West Elementary

The purpose of this grant was to improve overall pedestrian safety at the school by working with parents, staff and students. Highlights of the work at West Elementary School include:

- ◆ Involving student leaders in identifying safety issues and generating practical solutions
- ◆ Participation in International Bike to School Day last May. The student leaders greeted fellow students as they arrived at school promoting bike and pedestrian safety. Students were given "Safe Kids" cards which were stamped during the remainder of the school year when they were "caught" being safe by wearing bike helmets, crossing only at crosswalks and getting out of their parents' vehicle on the grass side. Students with full punch cards were given new bike helmets.
- ◆ Purchase and installation of a new bike rack. We were able to purchase a new bike rack for the school. This was intended to decrease congestion at the front door, creating a safer environment for pedestrians and bicyclists.
- ◆ Installation of new signs in the parking lot to restrict access during arrival and dismissal. The parking lot behind the school is used by students to gain access to the playground and other parking areas. The goal is to restrict traffic to this parking lot to increase pedestrian safety.

We will be wrapping up our work at West Elementary on International Walk to School Day. A big shout out goes to Mrs. Ali Parkinson (school principal), Mrs. Tana Thorfinnson (school counselor) and the West Student Leader group for their work on this grant.

Distracted Pedestrian Research Grant

Safe Kids Grand Forks also received a grant in the fall of 2012 to observe pedestrian behavior at middle and high schools in Grand Forks. Over the last several years, the number of children in this age group involved in pedestrian crashes has increased. The theory behind the research project is that the use of electronic devices (MP3 players, cell phones, etc.) has increased the distractibility of pedestrians, putting them at risk for injury.

Safe Kids was given the task of observing students at middle and high schools during arrival and dismissal. The schools where these observations took place were South Middle School, Valley Middle School, Central High School and Red River High School. Safe Kids staff and volunteers observed at each site on two occasions, both in the spring and fall. In total, we recorded over 50 hours of observations!

This past spring we met with students at each school to get their input on attitudes about distracted pedestrians. The students provided valuable information on teen attitudes and insight on how to direct future safety education.

At Central High School, the students had an opportunity to create their own safety message and submit it to Safe Kids Worldwide. Four posters were submitted with one group winning a \$100 gift certificate! Meghan Foy, Sarah Stark and Melissa Mercado developed the poster shown below. They were presented with their awards at the August Safe Kids meeting. Great work girls!

Safe Kids would like to thank the many volunteers, students and school staff that assisted with this project. Safe Kids Worldwide recently released a report on the observations collected throughout the country and we are now trying to analyze steps that would be effective in our community to decrease distracted pedestrian behaviors. Safe Kids Grand Forks will be using this report, along with the poster created by the students, to develop a distracted pedestrian curriculum and other interventions.



A group of student leader from West Elementary School celebrate their success on International Bike to School Day



SafeRoutes

National Center for Safe Routes to School



East Grand Forks Safe Routes to School

SAFE K:IDS GRAND FORKS



The East Grand Forks Schools, Safe Kids Grand Forks and the Grand Forks/East Grand Forks Metropolitan Planning Organization are pleased to announce that we have been awarded a Safe Routes to School grant for the 2012 – 2014 school years. The grant was awarded to East Grand Forks by the Minnesota Safe Routes to School program. The SRTS program will be implemented at the New Heights, South Point and Central Middle Schools.

So what is Safe Routes to School?

Safe Routes to School (SRTS) programs are sustained efforts by parents, schools, community leaders and local, state, and federal governments to improve the health and well-being of children by enabling and encouraging them to walk and bicycle to school. SRTS programs examine conditions around schools and conduct projects and activities that work to improve safety and accessibility, and reduce traffic and pollution in the vicinity of schools. As a result, these programs help make

bicycling and walking to school safer and more appealing transportation choices, thus encouraging a healthy and active lifestyle from an early age.

What will SRTS look like at the East Grand Forks schools?

While the goal is to increase the numbers of students walking and biking to every school, given the wide age range of students, the program will be customized to meet the unique needs and characteristics of each school. Some of the anticipated activities will include:

- Review of current traffic patterns and parents' attitudes towards transportation.
- Presentations to students on getting to school safely.
- Review of completed traffic studies and recommendations for improving safety around each school. This may include new crosswalk painting, increased signage and/or the addition of crossing guards.

- Walking and biking encouragement programs. This would include incentive programs for walking and biking to school.

How can I obtain more information?

Safe Kids Grand Forks will be attending PTO meetings and continually sending home information to parents regarding our work at these schools. You can learn more information about Safe Routes to School at <http://www.saferoutesinfo.org/>. You can also contact your school principal or Patty Olsen at Safe Kids. Patty's contact information is polsen@altru.org. As a parent or caregiver, there will be ways in which you can help us in these efforts. If you are interested in becoming involved, contact us at Safe Kids Grand Forks and learn more (safekids@altru.org).

We look forward to working with all the staff, students and families in East Grand Forks.

Grand Forks - East Grand Forks Metropolitan Planning Organization

[ABOUT THE MPO](#) [MEETINGS](#) [MINUTES](#) [PROJECTS](#) [PEOPLE](#) [CONTACT US](#)

Join our community of **modern moms**. Backed by wellness experts at Altru Health System, we're devoted to keeping the whole family healthy and happy.

facebook.com/AltruModernMom



Halloween Safety

As parents and kids begin to plan for the Halloween holiday this fall, Safe Kids offers tips to keep this a FUN but SAFE experience for all the ghosts and goblins in our community. These tips serve as a reminder not only to parents, but others in the community that can make the night safer for all those out trick-or-treating.

Child Pedestrians

- Children under 12 should trick-or-treat and cross streets with an adult.
- Cross the street at corners, using traffic signals and crosswalks. Parents should remind children to watch for cars that are turning or backing up.
- Look left, right and left again when crossing the street and keep looking as you cross. Walk, don't run, across the street.

Drivers

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Anticipate heavy pedestrian traffic and turn your headlights on earlier in the day so you can spot children from greater distances.
- Remember that costumes can limit children's visibility and they may not be able to see your vehicle.

- Reduce any distractions inside your car so you can concentrate on the road and your surroundings.

Costumes and Treats

- Decorate costumes and bags with reflective tape or stickers and choose light colored costumes to improve visibility.
- Choose face paint and make-up instead of masks, which can obstruct a child's vision. Look for non-toxic designations when choosing Halloween makeup.
- Avoid carrying sticks, swords, or other sharp objects.
- Have kids carry glow sticks or flashlights in order to see better, as well as to be seen by drivers. Liquid in glow sticks is hazardous, so parents should remind children not to chew on or break them.

Safe Kids Grand Forks would also encourage kids to avoid outside trick-or-treating options, especially if there are weather conditions that make visibility a bigger issue. Plan to attend inside Halloween events or consider hosting a ghost and goblins party of your own. For a list of Halloween events in the Grand Forks community, contact Safe Kids Grand Forks for a list that we are compiling.



These costumes are easily visible, fit well and allow the child to see clearly around them.



Ones like this obstruct the child's vision and are long and flowing, potentially causing a tripping hazard or burn hazard near open flames.

Halloween Burn/Fire Dangers



With ghosts and goblins coming to your door in costumes, or dry fall leaves rustling in your yard, consider that using an open flame candle in your pumpkins may not be such a good idea. Safe Kids has flameless votive candles for sale (\$10 for 4 of them) or we would suggest using a glow stick in your pumpkins instead. Also, remember to never leave a candle burning unattended or near things that can catch on fire, such as curtains, holiday décor, etc.



For a \$5 donation to Safe Kids, you can stuff your trick-or-treaters pumpkin with this little critter instead of candy. To purchase this or other Halloween Plushland animals, contact us at safekids@altru.org. Your donation supports our Safe Kids injury prevention work.

LOADS OF TEMPTATION

Single-load liquid laundry packets look like candy, toys and teething rings...

...but they're
POISON!



Preventing poisoning is simple.



+



=



Avoid temptation:

Store laundry packets locked up and out of sight.

Call Poison Help at
1-800-222-1222



Concussions: A Common Sports Injury

Justin Morneau and Sydney Crosby. These are very familiar names to sports fans in the upper Midwest, professional athletes at the top of their respective sports. Unfortunately, both also have been in the news in the last couple years for having suffered serious concussions. Concussion has many definitions. I like one simple definition from Mayo Clinic: "A traumatic brain injury that alters the way your brain functions". Notably, the injury is not life-threatening, and contrary to popular belief, may not always involve a loss of consciousness. Concussions are extremely common, some sources quoting 1 to 2% of all emergency room visits, or 400,000 visits per year. The degree of severity of a concussion previously was based partly on a history of loss of consciousness. We now know that concussions can occur with even minor trauma, even shaking, and loss of consciousness is often absent. The severity of the concussion can only be determined after resolution of symptoms and return to baseline function. In Morneau's case, the injury was seemingly minor, sliding into second base, yet he missed nearly 2 seasons of baseball and is still trying to return to his previous form. Symptoms of a concussion are many, often subtle, and a partial list includes amnesia, trouble concentrating, headache, dizziness, nausea/vomiting, among many others. Again, loss of consciousness is not a key requirement. Getting your bell rung, dazed, and seeing stars all qualify as a concussion. Key management principles are simple and involve immediate removal from the activity, and complete rest until all symptoms have resolved. Complete rest includes physical and mental, and the mental rest notably involves no video games, TV, computer. Not an

easy task with this generation! As a side note, during the game there may be a conflict between team goals and the health of an athlete when he/she sustains a concussion, and game time decisions may be difficult. Concussion symptoms may be subtle, athletes don't want to come out, and many may minimize their symptoms. A key principal, "When in doubt, sit them out!" Once asymptomatic for a period of time, there is a stepwise progression of exertion over time before a full return to their sport. This of course needs to be supervised by a concussion expert. The reason for this graded progression to full return is simply that the brain needs time to heal, and can't protect itself from another injury. The good news is that in the vast majority of cases, concussions are mild, and full recovery is common. A serious complication many have heard of is "second impact syndrome". The brain has an increased susceptibility to injury following even minor impact in the post-concussion period of healing. In other words, it is far easier to get the next concussion in the post-concussion period. Complications from second impact syndrome may be long lasting and potentially life-threatening. Many parents following a head injury are unsure whether to bring their child to the emergency room or see their physician the next day. An additional question we often encounter in the emergency room is "Does my son/daughter need a head CT?". A head CT is costly, involves a significant amount of radiation, and is often of limited utility in the majority of cases. A partial list of signs or symptoms that may warrant an emergency room visit that day, and possible consideration of CT, can include severe headache or mechanism of

injury, loss of consciousness, persistent vomiting, extremes of alertness (agitated or inability to arouse), extremes of age, prolonged amnesia, and a focal abnormality on physical exam such as seizure, bleeding from the ear, weakness on one side of the body.

In summary, concussions are a very common injury, often minor, and full recovery is the rule rather than the exception. The symptoms may be subtle, often occurring with the absence of loss of consciousness. Management involves immediate removal from the physical activity, evaluation by a concussion expert, and complete rest with a supervised and gradual progression of activity prior to full return.

Article written and provided by: Jon Raymond MD (Emergency Medicine) at Altru Health System



Altru Physical Medicine and Therapy Services department will be offering Baseline Impact Testing for concussion management through the Altru Medical Fitness Center. IMPACT (Immediate Post-Concussion Assessment and Cognitive Training) is a computer based screening to help healthcare professionals evaluate the recovery of a patient following a concussion. The individualized baseline test is used to measure recovery against testing done post injury. Most area schools offer IMPACT testing for their student athletes and now this service is available to teens and adults that participate in high risk activities outside of middle or high school sponsored events.

The baseline test is available for individuals for a fee of \$40 and appointments can be made by calling 780-2516.

Falls Prevention for Children

Unintentional falls are the leading cause of nonfatal injury in children younger than 14 years of age in the United States. Emergency department and outpatient surveillance systems indicate that falls are one of the most common injuries requiring medical care. Each year, 2.9 million children are treated in emergency rooms for fall-related injuries, with children younger than five years of age representing the largest proportion of visits.

The combination of curiosity, immature motor skills, and lack of judgment makes preschool children particularly susceptible to falling. Falls by children occur mainly in the warmer months. Infants are at risk for falling from furniture or stairs, toddlers are at risk for falling from windows, and older children are at risk for falling from playground equipment.

How can I help prevent my child from falling?

- **Do not use baby walkers on wheels.** Activity centers without wheels allow children to bounce and rotate while they stay in place.
- **Do not leave your child**

alone on or in furniture. Use safety belts on changing tables and put crib guardrails up while your infant is in the crib. Move cribs and furniture away from windows to prevent climbing to reach the window.

- **Use safety gates at the top and bottom of stairs.** Make sure the gates fit tightly. Keep the gates closed and locked at all times.
- **Avoid unsafe playgrounds or play sets.** Avoid playgrounds that have asphalt and concrete under the equipment. Use shredded rubber, wood chips, mulch, or sand underneath your play set at home. Watch your child at all times.
- **Secure windows.** Place locks on the windows that are not emergency exits to prevent the window from opening more than 4 inches. Place window guards on windows that are above the first floor. A screen will not stop your child from falling out a window.

When should I seek immediate care from a fall?

- Seek care immediately or call 911 if:
- Your child has fallen and is unconscious
- Your child has fallen and cannot move a part of his body.

Here is a list of things we can all do around the house to minimize fall risks:

- Remove throw rugs
- Secure carpet edges
- Remove furniture in cluttered rooms
- Remove decorations and plants from the floor
- Remove cords, wires and hoses from walkways
- Secure carpet or treads on stairs
- Avoid using floor wax
- Use rubber mats or rubber decals in the tub/shower.
- Hang up floor mats when the shower is not in use.



Connecting with Safe Kids Grand Forks

Staying connected with the most up-to-date information on childhood safety is important for parents, grandparents, caregivers and many other professionals. Here are a few ways that you can connect with Safe Kids Grand Forks and the resources we have to offer!!



Find & "LIKE" us on Facebook at Safe Kids Grand Forks



Home □ About Us □ Programs □ Safety Information □ Events/Classes □ News □ Links □ Contact

Preventing injuries:
at home, at school, at play, and on the way.



Check out our web site at www.safekidsgf.com or the Safe Kids Worldwide site at www.safekids.org

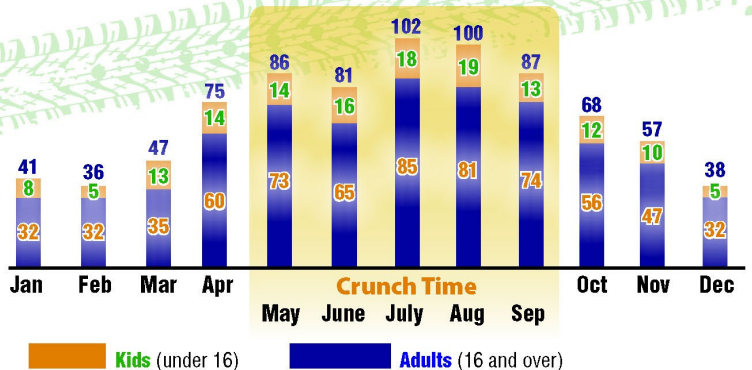


Sign up to get our newsletter electronically at www.altru.org (click on the "For Visitors" tab and sign up there.

**BIG
REAL
ROUGH TOUGH
DEADLY**



Average Number of Reported ATV-Related Deaths by Month (2005–2007)

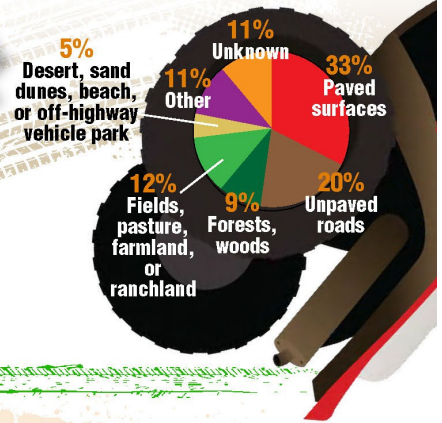


ATV STATISTICS

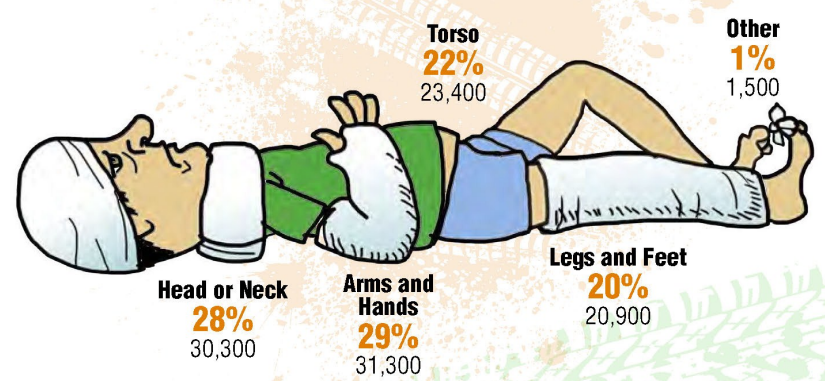
Where People Die on ATVs 1982 through 2007 — 26 years



Where Were They Riding? (2005–2007 fatalities)



More than 100,000 Injuries* in 2011 (Almost 30% involved kids under 16)



How to be safe — on an ATV

- ★ **Wear a helmet**
Be safer with eye protection, boots, gloves, long pants and a long-sleeved shirt
- ★ **Never allow more riders**
Than the ATV was designed for
- ★ **Get training**
From a qualified instructor
- ★ **Stay off paved roads**
Use extreme caution when crossing one is necessary
- ★ **Never, ever let a kid under 16 ride an adult ATV**
Use the right machine for the right age

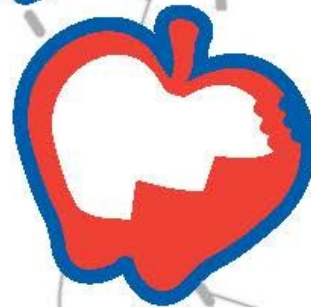
*Estimated Emergency Department-Treated Injuries



See the full ATV infographic



Healthy Steps

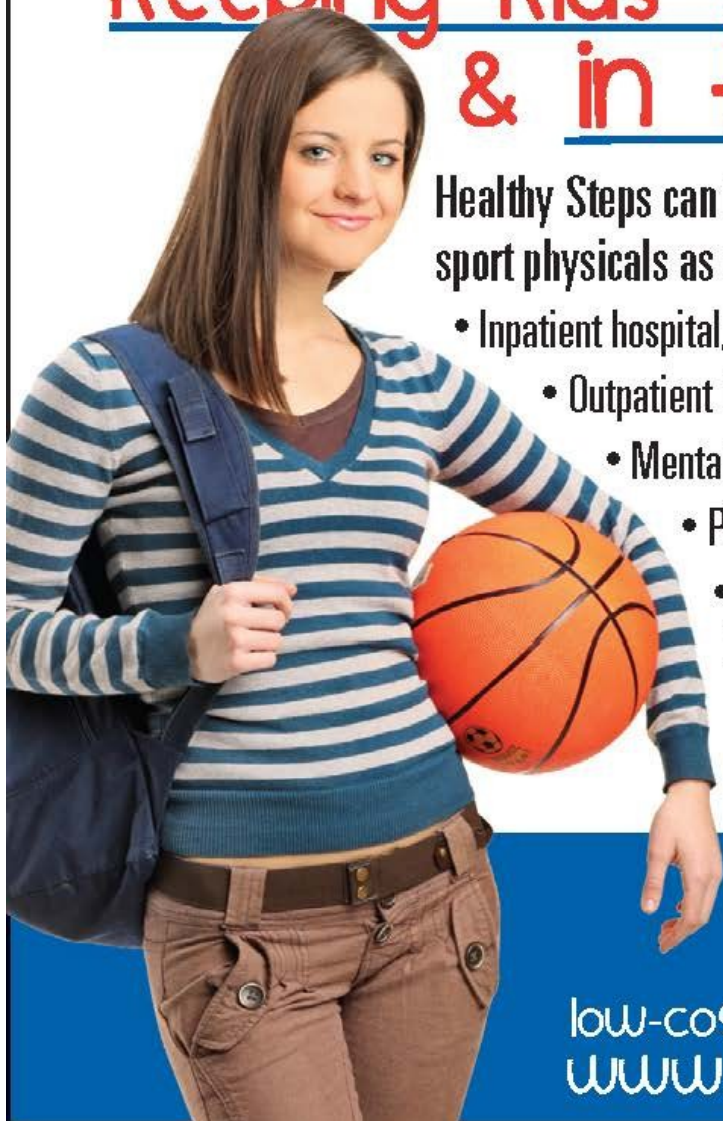


**North Dakota's
Children's Health
Insurance Plan**

keeping kids healthy
& in the game!

Healthy Steps can help you with the cost of sport physicals as well as:

- Inpatient hospital, medical, and surgical services
- Outpatient hospital and clinic services
- Mental health and substance abuse services
- Prescription medications
- Well-child check-ups and immunizations
- Dental and vision services
- Orthodontia



1-877 kids now
(1-877-543-7669)

low-cost/free health coverage
www.healthystepsnd.com

Safe Kids Grand Forks & Altru Health System Offer Fall Coaches Clinic

On September 14, Safe Kids Grand Forks offered a Fall Coaches Clinic for FREE to any interested coach. There were two keynote speakers who talked about concussions and Emergency Action Plans for schools/athletic events. The afternoon included breakout sessions with some of the topics being taping, strength and conditioning, CPR and First Aid. We had a great turn out for the first ever event and have already set a date for a Spring Coaches Clinic. We thank UND Athletics who offered two free football tickets to the Hall of Fame game for each coach attending the clinic.



Above: Members of the Coaches Clinic Planning Team and presenters at the event

Below left: Coaches learning CPR and receiving their certification

Below right: Attendees learning taping techniques from Altru Athletic Trainers, Jon and Sara

Save the Date: Spring Coaches Clinic at Altru Health System - Saturday, April 5, 2014 - FREE - More info to follow!!



Is Your Child Always Buckled Up?

Car crashes are a leading cause of death to children in the U.S.



Of those children who died in crashes in 2011, **33% were not buckled up.**



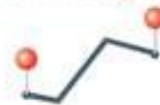
Who and Why? We asked 1,000 parents what risks they were willing to take while driving with their kids. The results were surprising.



1 in 4 parents say they have driven with their children unrestrained.

INCOME **1 in 3 affluent parents**, with a household income of \$100,000 or higher, say it is acceptable to leave their child unrestrained if they are not driving a far distance, compared to 15 percent of parents making less than \$35,000. However, 60 percent of crashes involving children occur 10 minutes or less from home.

"Not driving far."



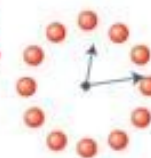
AGE **23% of younger parents** (ages 18-29) said it would be acceptable to ride with a child unrestrained when traveling overnight compared to 13 percent of older parents (ages 30-49). However, this is the time period when children are most likely to be injured in a crash.

"Traveling overnight."



EDUCATION **Parents with graduate degrees are twice** as likely to say it is acceptable to drive without buckling up their children, compared to parents with a high school education, particularly when they are in a rush (20 percent compared to 10 percent). However, drivers in a rush may not be as careful as when they are fully attentive.

"In a rush."



BUCKLE UP: Every Ride, Every Time

SAFE KIDS
WORLDWIDE

Proud Program Supporter

EN FOUNDATION

Mark your calendars to change your clocks on November 30, 2013 when daylight savings time goes into effect!!



As we celebrate Fire Prevention Week 2013, Safe Kids offers these safe cooking tips:

- ⇒ Teach your children to stay a safe distance from hot stoves and appliances.
- ⇒ Avoid carrying or holding a child while cooking on the stove.
- ⇒ Kids love to reach so use the back burner of your stove. Turn pot handles away from the edge.
- ⇒ Remind yourself to check on food frequently by using a timer, especially when baking or simmering.
- ⇒ Check to make sure appliance cords are coiled and away from counter edges. Take an extra second to make sure hot foods are away from the edge of your counters as well.
- ⇒ Stay close when you are using a grill or turkey fryer.
- ⇒ Wear short, close-fitting or tightly-rolled sleeves when cooking.
- ⇒ Take a minute to test your smoke alarms.
- ⇒ Teach your kids how to cook safely.