

Poison Prevention

Medicine can become harmful to young kids when taken without following the proper instructions or when ingested without supervision. Make sure to keep medicine tightly closed after each use, and out of reach and out of sight of children. Do not leave any medicine on counters, in backpacks or purses, or any other places children may have easy access to. When giving medicine, make sure to use the dosing device that it comes with. Do not use a kitchen spoon as the amount can be different from the dosing device.

For older students that may be taking medications on their own, make sure to teach them how to read the labels and assure they understand that medications may have different names, but the same active ingredient and should not be taken together.

If someone you know has ingested medicine without your supervision or has taken more than the required amount, please call the poison help number at 800.222.1222. We suggest adding this number to your phone to have in case of an emergency.

Electronic Scooters



A popular newer way to get around is with electronic scooters. These vehicles are fast and can be risky for kids to ride. In fact, our Grand Forks Bird Scooter fleet is restricted to riders over 18 only, while personally owned scooters are restricted to use by those over 10 years old. Additionally, many cities prohibit riding on sidewalks and kids under 18 must wear helmets. Here are some other things to keep in mind if you consider using these scooters:

1. **Keep your eyes on the road.**
2. **Keep both hands on the handlebars.**
3. **Use a proper helmet**—this should be a multisport helmet or DOT approved helmet as bike helmets won't offer appropriate protection.
4. **Slow down before looking back or turning.**
5. **Inspect your scooter regularly.**
6. **Equip the scooter with proper lights.**
7. **Wear eye protection.**



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks. For more information on this and other childhood injury prevention topics, visit safekidsgf.com, call us at 701.780.1489 or email safekids@altru.org.

