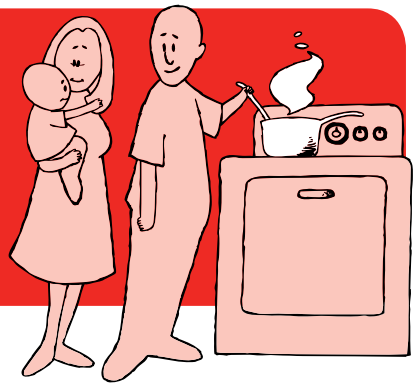
Protect the ones you love
BURNS



The Reality

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent leading causes of child injury, like burns, is a step toward this goal.

Every day, 435 children ages 0 to 19 are treated in emergency rooms for burn-related injuries and two children die as a result of being burned.

Younger children are more likely to sustain injuries from scald burns that are caused by hot liquids or steam, while older children are more likely to sustain injuries from flame burns that are caused by direct contact with fire.

Thankfully, there are ways you can help protect the children you love from burns.

Prevention Tips

To prevent burns from fires:

Be alarmed. Install and maintain smoke alarms in your home—on every floor and near all rooms family members sleep in. Test your smoke alarms once a month to make sure they are working properly.

Have an escape plan. Create and practice a family fire escape plan, and involve kids in the planning. Make sure everyone knows at least two ways out of every room and identify a central meeting place outside.

Cook with care. Use safe cooking practices, such as never leaving food unattended on the stove. Also, supervise young children whenever they're near cooking surfaces.

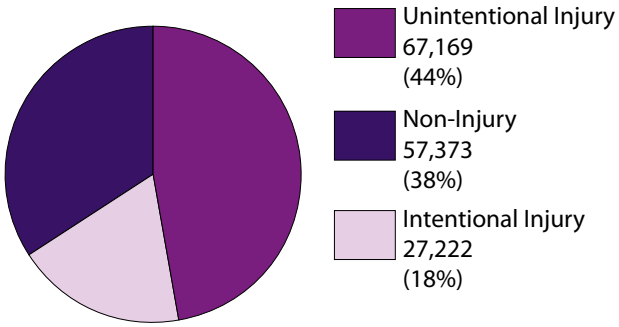
To prevent burns from scalding water:

Check water heater temperature. Set your water heater's thermostat to 120 degrees Fahrenheit or lower. Infants who aren't walking yet can't get out of water that may be too hot, and maintaining a constant thermostat setting can help control the water temperature throughout your home—preventing it from getting too high.

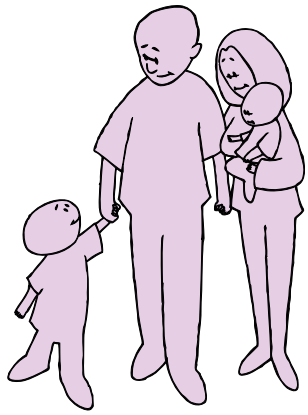
Please visit www.cdc.gov/safechild for podcasts, tip sheets, and other information on the leading causes of child injury and steps you can take to protect the children you love.

Child injuries are preventable

The Burden of Child Injury, Unintentional Injury Deaths Ages 1–19, United States, 2000–2005



- Across the United States, injuries are the leading cause of death among children ages 19 and younger.
- About 33 children die every day because of injuries.
- Each year, nearly 9.2 million children aged 0 to 19 years are seen in emergency departments for injuries, and 12,175 children die as a result of being injured.



In addition to doing all you can to protect a child from being injured because of a burn, follow these steps to prevent other leading causes of injuries:

Drownings —Drownings can happen quickly and quietly, but installing four-sided fences, with self-closing and self-latching gates, around backyard swimming pools can make a life-saving difference by keeping kids away from the water when you're not there to supervise.

Falls —Falls can happen at the playground or at home. To protect your child, check playground equipment to make sure it's properly designed and maintained and that there's a safe, soft landing surface below.

Poisonings —Everyday household products can be poisonous to children, but you can safeguard your home. Keep medicines and toxic products, such as cleaning solutions, in locked or childproof cabinets.

Road traffic injuries —To make injuries less likely when you're on the road with kids, always use seat belts, child safety seats, and booster seats that are appropriate for your child's age and weight.

www.cdc.gov/safechild

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