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May 3, 2013

## Health District Reminds Residents with Tips to Stay Safe in Warm Weather

As temperatures rise and the days grow longer, the Central Connecticut Health District is reminding residents to be mindful of safe practices during spring and summer fun.

Safety in and around water is key, as families begin to travel to pools and beaches to escape the heat. Drowning can occur in a matter of minutes and in just a few inches of water. When swimming, an adult should always supervise children in or near water, providing “touch” supervision. When boating, everyone should wear a US Coast Guard approved life jacket. Consider taking a boating safety course, and remember, just as with drinking and driving, alcohol and boating or swimming do not mix. Always be ready for emergencies by learning CPR and first aid and keep a cell phone with you.

Always be sure to wear a bicycle helmet every time you or a family member gets on a bike. Helmets can reduce risk of head injury by up to 85% in a bicycle crash. Wear appropriate multi-sport helmets and safety gear to prevent injuries while skateboarding, inline skating or riding a scooter. Supervise younger children and assure that they ride with supervision in safe areas away from traffic.

Teach children to look left, right, and left again when crossing the street. Walk on sidewalks whenever possible, and cross safely using traffic signals and crosswalks. If there are no sidewalks, always walk facing traffic as far to the left as possible. Be watchful for cars that are turning or are backing up, especially in driveways and parking lots. Wear clothing with reflective materials, and carry a turned on flashlight if walking at dusk and dark.

Buckle up on every trip in the car, even if it's just a short ride around town or just down the street. During car rides, younger children should ride in size and age-appropriate car safety seats. Do NOT leave children or pets in a parked car for any amount of time, as interior temperatures can reach deadly levels in minutes even during moderate temperatures.

Falls from windows increase during the summer months and screens will not protect children from falling out. To ensure that your child will not fall out, install window guards or stops and open windows from the top whenever possible. Also, be sure to move furniture away from windows to discourage climbing.

The Central Connecticut is urging all residents to do their part to stay safe this summer. For more information about injury prevention, please visit [www.ct.gov/dph/injury](http://www.ct.gov/dph/injury). Further information about public health related issues can be found at the Central Connecticut Health District, serving the towns of Berlin, Newington, Rocky Hill and Wethersfield, at [www.ccthd.org](http://www.ccthd.org) or by calling (860)721-2822.