



**K.I.S.S. Your Kids** (*Kohl's Is Sold on Safety*) is a seasonal safety education program that features coloring contests and free activity books. Nationwide Children's Hospital is able to provide this service through the generous support of Central Ohio Kohl's Department Stores.

The new "Play it Safe" video game, based on the activity books is now online! Anyone can build a character and learn about safety at home, the pool, the park and at school by traveling through the safety adventures!

For more about this program, go to [www.NationwideChildrens.org/KISS](http://www.NationwideChildrens.org/KISS), contact [KISS@NationwideChildrens.org](mailto:KISS@NationwideChildrens.org) or call (614) 355-0679. All coloring pages and activity books are also available to freely download and print.

To find a doctor or medical service, visit [www.NationwideChildrens.org](http://www.NationwideChildrens.org) or call (614) 722-KIDS.



Send your teen to Basic Babysitter Training 614-355-0662 • emergency 614-355-0662

# KEEP and POST :: From Nationwide Children's Hospital

## K.I.S.S. Your Kids are Safe

# PREVENTION & TREATMENT

### Animal bites/Stings

#### ■ Insects

- If you have severe reactions to stings, keep a prescription emergency epinephrine kit (EpiPen®) with you at all times.
- Wear bug spray with DEET (except infants, who should not wear bug spray with DEET). Follow the directions on the bottle.
- Wear long sleeve shirts, pants, a hat and closed-toe shoes when walking in tall grass and the woods to protect you from ticks and other bugs.
- Drain all standing water from toys, kiddie pools, tires, birdbaths, and other containers to keep mosquitoes away.
- Check houses, garages, and landscaping for bee nests.

#### ■ Animals

- Adults, watch children around animals, even pets.
- Leave dogs alone when they are eating, sleeping, or chewing on a toy.
- Be kind to animals and play gently.
- Never tease an animal.
- Ask permission before petting an animal.
- Stay away from ALL wild and stray animals.

### Diving Safety

- Always enter the water feet first to see how deep the water is. NEVER dive in water that is shallow.
- Never dive into a river, pond or lake unless you know how deep the water is.
- Dive only in clear, clean water that is clearly marked for diving.
- Always swim with a buddy.
- Read and obey all rules and signs.
- Stay sober. Alcohol and swimming, diving and boating do not mix.

### Sports

- Always wear the right protective gear for your sport.
- Keep your equipment in good shape. Fix or replace parts that are broken.
- Damaged teeth do not grow back! Always wear your mouth guard.
- Be physically ready to start a sports season. Get in shape to practice-don't practice to get in shape.
- Warm up for 5 minutes before stretching.

### Heat

- Wear cool clothes that breathe and let sweat evaporate.
- Drink lots of water or sports drinks.
- Stay out of the sun from 10:00 a.m. – 2:00 p.m., when the sun is the hottest.
- Children less than 3 months old should be kept out of the sun.
- NEVER leave your child or pet alone in the car. It can take only minutes for your child or pet to overheat and die.
- Make it a habit to open the back door of your vehicle every time you get out.
- If you see a child or animal alone in a vehicle, get involved. If they are hot or seem sick, get them OUT as quickly as possible, and call 911.



### Phone Numbers

Child's Doctor: (\_\_\_\_) \_\_\_\_\_

Family Doctor: (\_\_\_\_) \_\_\_\_\_

Attach this PREVENTION Page (green) to the TREATMENT Page (blue) that includes Bites/Stings, Allergic Reactions, Head and Neck, Sprains/Strains, Dislocations, Heat Exhaustion, Stroke and Dehydration – and learn what to do if you get hurt!



## and Keep Them Safe!

# TREATMENT

## TIPS

For extra copies to download or print, visit our website [www.NationwideChildrens.org/KISS](http://www.NationwideChildrens.org/KISS)

### Bites/Stings

- For all animal and human bites; call your doctor right away.
- Wash the area with soap and water.
- If you have mosquito bites, call your doctor if you have a fever, headache, body aches or fatigue.
- Remove bee stingers with something flat and hard, like a driver's license or a credit card. Gently push the stinger out.
- Don't pinch the stinger; it will put more venom in the body.
- Try to leave stings alone, use ice on them, but don't scratch them; it can make them infected.
- If you have been bitten by a bat, or if you find a bat where you or a child has been sleeping, call your doctor IMMEDIATELY.



### Allergic Reactions:

- If you are not sure what to do, call 911. These can be life threatening very quickly!
- If there is pain and swelling where the bite or sting happened: remove the stinger, apply ice and take an antihistamine like Benadryl®.
- If the person who has been stung or bitten is having trouble breathing or the reaction is getting worse; call 911 immediately, and give EpiPen® injection if they have one.



### Head and Neck

- CALL 911 IF THE INJURED PERSON IS OR HAS ANY OF THESE:
  - Unconscious
  - Seizures
  - Unable to move a part of the body
  - Headache or stiff neck
  - Vomiting, or feeling like vomiting
  - Irritable, fretful, anxious, or grouchy
  - Not behaving like themselves
  - Trouble walking
  - Blurred or double vision
  - Very sleepy or hard to wake up
  - Blood or watery fluid oozing from ears or nose
- DO NOT MOVE THE PERSON UNLESS THEY ARE IN DANGER.
- If you need to move the person and they cannot walk, keep their head, neck and back in line with each other.



### Sprains/Strains

- **R.I.C.E.:**
  - **Rest:** Don't use the injured body part.
  - **Ice:** Put an ice pack on the injured body part for 20 minutes.
  - **Compression:** Wrap injured body part with an elastic bandage that is tighter at the bottom and looser on the way up. Do not sleep with wrap on.
  - **Elevation:** Keep the injured body part raised above the heart.
- If the pain does not go away with R.I.C.E., call your doctor.

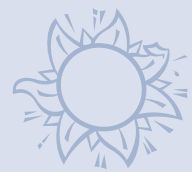


### Dislocations

- Go to the hospital.
- Don't try to put the dislocated body part back; this can cause more damage.
- Immobilize the joint. Put it in a splint, or wrap it to the body.
- Put an ice pack on the dislocation for 20 minutes to minimize swelling.

### Heat Exhaustion, Heat Stroke and Dehydration

- **Heat Exhaustion:**
  - If someone looks pale and clammy get them inside where it is cool and give them something cold to drink. Put cool washcloths and ice packs on head, armpits, groin, hands and feet.
- **Heat Stroke:**
  - This is a medical emergency! Call 911 if someone is hot, red, flushed, and not sweating (dry skin), passed out or in and out of consciousness ("out of it"), has a rapid, weak pulse, or rapid, shallow breathing call 911.
  - Get them to a cooler place and put ice packs on the wrists, ankles, neck, armpits and groin. If there are no ice packs, wrap them in wet cloth and fan them. Keep them lying down.
- **Dehydration:**
  - If someone has very dry lips, mouth or eyes, no tears or sweat, or is lightheaded give them more fluids and get medical attention right away.



Attach this TREATMENT Page (blue) to the PREVENTION Page (green) that includes Animal bites/Stings, Diving Safety, Sports and Heat -- to help keep you safe!

