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*Twelve Days of
Injury Prevention*

The holidays can be stressful.

Check-in regularly with your kids.
Ask open-ended questions, listen to their
feelings. Come up with solutions together.
Seek additional help if needed.

Need help right now? Call the National
Suicide Prevention Lifeline
1.800.273.TALK

www.hiprc.org/suicide-prevention/



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Talk to your teens about fentanyl.

Fentanyl is a very strong opioid that is tasteless and odorless, and an amount about the size of two grains of salt can cause overdose. It is often mixed into powders and counterfeit pills.

You cannot tell if drugs contain fentanyl by look, taste, smell, or touch.

www.hiprc.org/opioids/



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Recognize an opioid overdose.

The person cannot be woken up.
Slow or no breathing. Gurgling, gasping,
or snoring. Clammy, cool skin. Blue or
gray lips or nails. Vomiting.

**If you suspect an overdose,
call 911 immediately.**

www.hiprc.org/opioids/



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Look for signs of depression and anxiety.

Warning signs include withdrawal from friends and family, talking about suicide or death, desperation and isolation.

What can you do?

Information and resources at
www.hiprc.org/suicide-prevention-resource-guide/





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Falls are the primary cause of injury among older adults.

Remove trip hazards at home, have your eyes checked once a year and add lighting where needed. When going outside, remember that sidewalks and stairs may be slippery.

www.hiprc.org/fall-prevention/



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Booster seats and car seats save kids' lives.

Always buckle your children in the car using a safety seat, booster seat, or seat belt appropriate to your child's height, weight, and age. Buckle up every time, no matter how short the trip.

www.hiprc.org/outreach/booster/



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**Remove firearms from the home
or store unloaded and
out-of-reach and out-of-sight.**

Store guns and ammunition separately.
Use safety devices like trigger locks and
gun safes for every gun in the house.

To learn more about how to reduce the
risk of firearm injury and death, visit:

www.hiprc.org/3interventionstoolkit/



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Protect your child from burns in the home.

Every day more than 400 children are treated in emergency rooms for burn-related injuries. Do not leave fireplaces, space heaters, food cooking on stoves, or candles unattended.

www.hiprc.org/burn-safety/



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**Carbon monoxide (CO), is an
odorless, colorless gas
that can kill you.**

CO is produced from burning fuel in vehicles, stoves, grills, fireplaces, gas ovens, and furnaces. To prevent poisoning, install a CO detector in your home. Never use portable chemical heaters indoors or gas ovens for heating.

www.hiprc.org/burn-safety/



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Campfires are the nation's leading cause of child camping injuries.

Always supervise children around a fire.
Keep children and pets at least
three feet away. Have a fire
extinguisher and plenty of water nearby
in case a fire gets out of control.

www.hiprc.org/campfire-safety/



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Enjoy winter sports safely.

ALWAYS wear a helmet to prevent head injuries when skiing, snowboarding, sledding or tubing. Look for ASTM certified equipment. Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.

www.hiprc.org/winter-safety/



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**Drowning can occur quickly
and quietly during periods
of inadequate supervision.**

Provide attentive, and constant supervision
of young children when they are in or
around any body of water. Children under
age 5 should always wear a life jacket.

Do not use drugs or alcohol.

www.hiprc.org/drowning-prevention/