

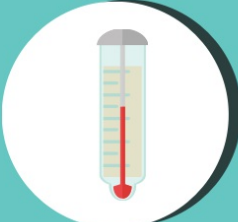
June 2016



# National Safety Month




## Pregnancy



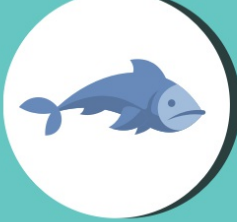
**Cook Safe**

- Cook eggs until yolks are firm
- Heat hot dogs, luncheon meats, and deli meat, until steaming hot



**Do Not Eat**


- Unpasteurized milk, juice, or cider
- Unpasteurized soft cheeses; feta, queso fresco, queso blanco, brie. etc.
- Store bought egg or potato salads
- Raw sprouts or raw seafood
- Refrigerated meat spreads, smoked seafood or fish



**Seafood**

- Eat 8-12oz of cooked fish per week
- No more than 6oz of white albacore tuna per week
- Do not eat tilefish, swordfish, shark, or king mackerel

## Prevent Choking




**Use caution with these foods**

**Cut, slice, cook, or spread carefully for children under 4 years**

- Hot dogs and sausages
- Tough meat
- Chunks of meat and cheese
- Globs of peanut butter
- Nuts and seeds
- Large pieces of raw fruits and vegetables
- Whole grapes
- Raisins
- Chewing gum
- Popcorn
- Chips
- Marshmallows

## Eat Safe



**Avoid these foods with infants under age 1**

- Honey
- Peanut butter
- Nuts
- Egg whites
- Cow's milk
- Citrus or acidic fruits

## Infants & Children

June 2016



INTER TRIBAL COUNCIL OF ARIZONA, INC.

# National Safety Month



## Statistics

Car crashes are the leading killer of children ages 1 to 13



71%

Percentage by which car seats reduce the risk of infants being killed in cars



54%

Percentage by which car seats reduce the risk of toddlers (1-4 years old) being killed in cars



In 2011, 655 children under 13 years old were killed in car crashes

Of those killed, more than 1 in 3 were unrestrained



Rear-Facing

Buckle children in a rear-facing seat until age 2 or when they reach the upper weight or height limit of that seat



Forward-Facing

When children outgrow their rear-facing seat, they should be buckled in a forward-facing car seat until at least age 5 or when they reach the upper weight or height limits of that seat



Booster Seat

Once children outgrow their forward-facing seat, they should be buckled in a booster seat until seat belts fit properly



Seat Belt

Recommended height for proper seat belt fit is 57in tall. Seat belt should lay across the upper thighs, not stomach, and the shoulder belt should lay across the chest, not the neck

Children ages 12 and under should sit in the back seat

## Car Seats

