

# SUMMER 2011 CHILD FATALITY PREVENTION RESOURCE BULLETIN



## Summertime Safety Tips:

Remember your ABCD's whenever you go out and play in the water this summer.

The Southern Nevada Health District says:

- The most common drowning victim is a child 4 years of age or younger
- The majority of drowning deaths occur in the family pool with 70 % of the incidents occurring between 2pm and 8pm
- Drowning is a quick and silent killer....
  - In the time it takes to: Get a towel (10 seconds), a child can become submerged. Answer the phone (2 minutes), a child can lose consciousness. Answer the front door (4-6 minutes), a submerged child can sustain permanent brain damage or die.

### ABCD's for Drowning Prevention

**A= Adult Supervision**, make sure that there is always an adult who is in charge of watching the pool area

**B= Barriers**, install a barrier around your pool and never leave the door propped open

**C= Classes**, enroll your child in age appropriate swimming lessons and CPR classes for the whole family

**D= Devices**, make sure you have the correct floatation devices, life jackets and rescue tools when you are out in the water.



## Safe Sleep Saves Lives!

Following these safe sleep rules, a parent can help protect their baby from Sudden Infant Death Syndrome (SIDS), suffocation and accidents during sleep.

- Always place your baby to sleep on the back. Side and tummy positions are not safe.
- Use a crib that meets current safety standards. The mattress should be firm and fits snug in the crib. Cover the mattress with only a tight-fitting crib sheet. Portable cribs and play yard style cribs are also good choices.
- Do not put anything soft, loose or fluffy in your baby's sleep space. This includes pillows, blankets, comforters, soft or pillow-like bumpers, stuffed animals or other soft items.
- Use a sleep sack or other type sleeper instead of blankets to keep your baby warm and safe.
- Place your baby in a separate, safe sleep space near your bed to help you protect them and make breastfeeding easier.
- Falling asleep with your baby in bed or on a couch or armchair is dangerous. Room share instead.
- Never place your baby to sleep on any soft surface. This includes adult beds, waterbeds, pillows, cushions, comforters and sheepskins.
- Do not use wedges or any positioning device to prop your baby up or keep him on his back.
- Make sure your baby doesn't get too warm during sleep. Use light sleep clothing and keep room temperature at what would be comfortable for a lightly-clothed adult.
- Educate everyone who cares for your baby about these safe sleep rules!

### Other Important Tips

- Do not smoke when you are pregnant and make sure that no one smokes around your baby.
- Get good prenatal care as soon as you know you are pregnant and keep and attend all your doctor's appointments.
- If possible, give your baby only breast milk for at least the first six months.
- Give your baby lots of tummy time when they are awake and being watched. This strengthens their arms and neck muscles and prevents flat spots on the back of the head.

Child Welfare Public Disclosures for Nevada  
January - June 2011

County	Fatalities	Near Fatalities
Clark	14	1
Washoe	16	2
Rural Nevada	11	0

## DID YOU KNOW...

**That it is a misdemeanor to leave a child unattended in a vehicle per Nevada Revised Statute 202.575. A parent, legal guardian or other person responsible for a child who is 7 years of age or younger shall not knowingly and intentionally leave that child in a motor vehicle**

**A law enforcement officer or other person rendering emergency services who reasonably believes that a violation of this section has occurred may, without incurring civil liability, use any reasonable means necessary to protect the child and to remove the child from the motor vehicle. If you see an unattended child in a vehicle, call 911**

<http://www.leg.state.nv.us/NRS/NRS-202.html#NRS202Sec575>

**For more information on child fatality prevention, please visit these sites:**

**Southern Nevada AHEC**

<http://www.snahec.org/pcanv/site/Resources>

**National Highway Traffic Safety Administration**

<http://www.nhtsa.gov/safety/hyperthermia>

**First Candle— Helping Babies Survive and Thrive** <http://firstcandle.org>

## UPCOMING MEETING DATES

### Administrative Team

August 24, 2011 10:00 am– 12:30 pm

### Executive Committee

August 31, 2011 10:00 am– 12:00 pm

Call in information for both meetings:

1 (877) 810-9415 code: 7275872#

**Meetings are open to the public**

Any comments or questions please contact:

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