

June is National Home Safety Month

During Home Safety Month- and all year-take some simple hands on steps to make your home safer. You can help protect the ones you love by preventing injuries at home.

Many unintentional injuries and deaths are related to the home and its environment. Within the home, more than 11,000 people are estimated to pass away each year from preventable unintentional injuries, including falls, fires, drownings, and poisonings.

Health and Safety Tips for around the Home:

- **Prevent falls:**

- ✓ Install grab bars in showers and tubs.
- ✓ Use nonslip mats in bathtubs and showers.
- ✓ Install stair rails.
- ✓ Have good lighting.
- ✓ Keep stairs in good repair.
- ✓ Keep stairs free of clutter.
- ✓ Use safety gates in homes with young children.
- ✓ Supervise young children at all times around fall hazards, like stairs and playground equipment.

- **Prevent fire-related injuries:**

- ✓ Keep flammable objects away from the stove.
- ✓ Make sure every bedroom has two exits in case of a fire.
- ✓ Practice your fire escape plan.
- ✓ Install smoke alarms on every floor, including basements, and change the batteries at least once a year.
- ✓ Use safe cooking practices, such as never leaving food unattended on the stove.

- **Prevent drowning:**

- ✓ Supervise young children at all times around bathtubs, swimming pools, and natural bodies of water.
- ✓ Teach your children to swim and about water and pool safety rules.
- ✓ Learn cardiopulmonary resuscitation (CPR) and get recertified every two years.

Chemicals in and around the home can poison people and can cause long-term health effects. Every 13 seconds, a poison control center in the United States answers a call about a possible poisoning. More than 90% of these exposures occur in the home.

The most common causes of poisoning among young children are cosmetics and personal care products, household cleaning products, and pain relievers. Common causes among adults are pain relievers, prescription drugs, sedatives, cleaning products, and antidepressants.

- **Prevent poisonings:**

- ✓ Store medicines and other toxic products such as cleaning solutions in locked or childproof cabinets.
- ✓ Put the poison control number, 1-800-222-1222, on or near every home telephone.
- ✓ Dispose of unused, unneeded, or expired prescription drugs.
- ✓ Turn on fans and open windows to help ventilate the area when using household cleaners and chemicals.
- ✓ Have gas appliances professionally installed, vented outside, and checked annually for carbon monoxide leaks.

By: The CDC

Recipe of the Month

Chicken Caesar Pitas

Serves 2

Ingredients:

- 1 can (5 ounces) chunky white meat chicken in water, drained
- 3/4 cup chopped romaine lettuce
- 1 Roma tomato, chopped (about ¾ cup)
- 1/4 cup grated fresh Parmesan cheese
- 1/3 cup fat-free Caesar dressing
- 1 whole-wheat pita bread cut in half

Directions:

In a small bowl, add the chicken, lettuce, tomato, Parmesan cheese and Caesar dressing. Toss to mix evenly. Cover and place in the refrigerator for 10 minutes.

Stuff the chicken mixture into the pita bread halves. Serve immediately.

Nutritional Information:

Calories 219, Total Fat 5g, Cholesterol 33mg, Total Carbs 24g, Dietary fiber 4g, Protein 18g

