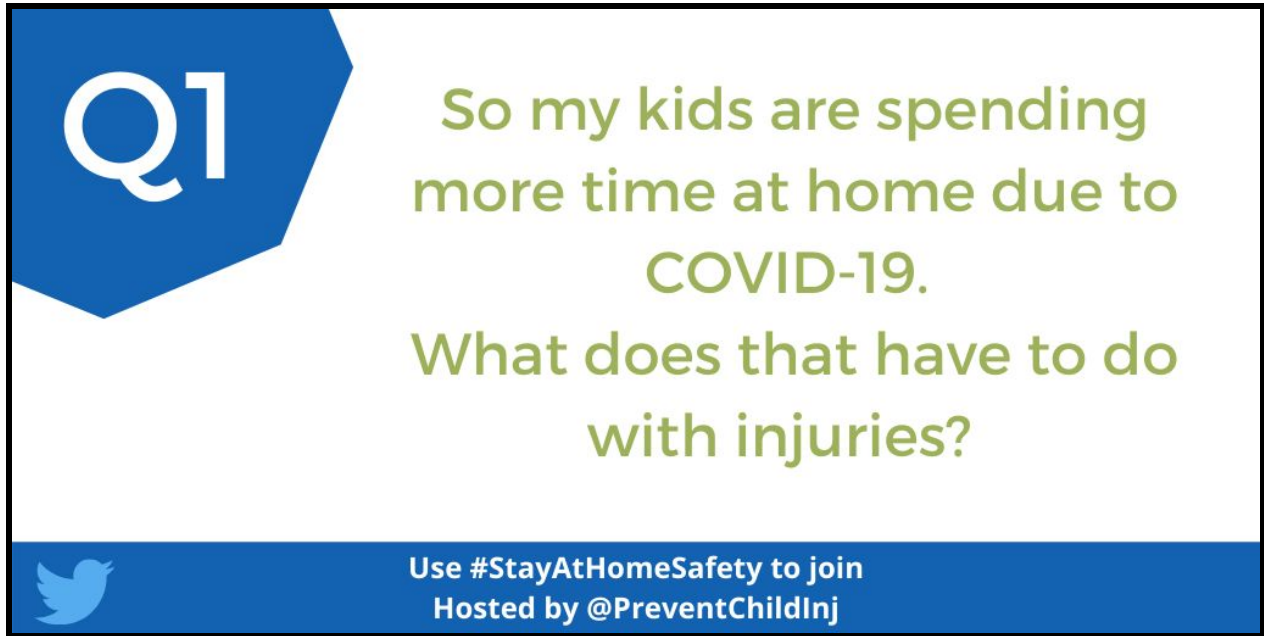


## #StayAtHomeSafety Twitter Chat Questions & Answers



**Q1**

So my kids are spending more time at home due to COVID-19. What does that have to do with injuries?

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Hosted by @PreventChildInj

### **Harborview Injury @HIPRC**

Typically, pediatric injuries are most likely to happen at home. With disrupted schedules and caregivers juggling work and childcare responsibilities at the same time, this risk may be increased.

### **JHSPH Injury Center @JohnsHpkinsCIRP**

Many of us don't appreciate that the home is a common place for injuries to kids. After all, houses aren't really built for kids – they're built for adults. We can change the environment to make homes safer for kids.

### **Safe States Alliance @SafeStates**

Kids are curious by nature. When at school they have routines and safety policies in place that may not exist at home. Keep dangerous items like medicines and firearms up and away from inquisitive minds. #stayathomesafety

### **Arkansas Children's Injury Prevention Center @archildrensIPC**

More time at home means there are more opportunities for a child to get injured. Supervision is the best key to prevention. Know where your kids are, what they're doing, and risks that exist in your home.

A blue graphic with a white border containing the text 'Q2' in white. The 'Q' is large and the '2' is smaller and positioned to the right of the 'Q'.

Q2

What can injury prevention researchers, public health professionals, medical staff, child care workers, etc. do to help prevent child injuries?



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**Safe Kids Worldwide** @safekids

With kids out of school for the pandemic, remind families to think about injury prevention. Check out our blogs for tips for families:  
<https://www.safekids.org/blog/franchise/1144>

**Safe States Alliance** @SafeStates

Contact our members for resources and support. We have professionals in every state that can link you to what you need. <https://www.safestates.org/page/IVPContactInfo>

**Harborview Injury** @HIPRC

Sharing resources is critical! We can share injury prevention tips and strategies as well as home activities to help keep kids engaged, moving, and learning.

**Marlene Melzer** @mmelzer1

To spread the word on injury prevention, take every opportunity to talk about strategies—work, birthday parties, neighbors, community celebrations

**U-M IPC** @UMInjuryCenter

Health professionals, educators, coaches, child care providers, and parents can learn about evidence-based strategies and interventions from experts with our Child & Adolescent Injury Prevention Course! <https://injurycenter.umich.edu/mooc/>

Q3

In “normal” times, how often do children get injured in the home?

How bad are these injuries?



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**Injury Free** @InjuryFreeKids

Children can be affected by burns, scalds, drownings, falls, unsafe sleep, and more in the home. Hopefully it is not life threatening. But even a short hospital visit can lead to unexpected consequences to our time, money, and long-term health.

**OhioPoisonControl** @OHPoisonControl

Sometimes children will still be unintentionally exposed to something toxic in the home such as a household cleaner or medications. That's why we have certified nurses and pharmacists at the Poison Center to take your calls 24 hours a day, 7 days a week.  
#stayathomesafety

**Gary Smith** @GaryASmithMD

Preventable injuries are a leading cause for children to be seen in emergency departments every year. Falls are the Number 1 cause of non-fatal injury seen at an emergency department for most age groups.



Q4

## How do these injuries affect our ability to respond to COVID-19?



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### **Harborview Injury @HIPRC**

Many injuries are preventable. The more we can do to prevent injuries, the less additional strain will be put on already stretched medical systems. #StayAtHomeSafety

### **Safe Kids Worldwide @safekids**

Hospitals and emergency rooms are busy treating #coronavirus cases. Preventing child injuries can ease demands on medical staff and keep families safe and together at home.

### **Safe States Alliance @SafeStates**

Injuries that require medical care or hospitalization put stress on an already-stressed system. Prevention is the best medicine!

### **Marlene Melzer @mmelzer1**

With emergency departments potentially overwhelmed with COVID-19, these injuries add to the number of patients. Also, while ED's are doing their best to keep everyone clean from COVID-19, taking an injured child there does increase their risk of COVID-19.

### **Injury Free @InjuryFreeKids**

Healthcare professionals, and others, are using every resource possible to slow the spread of COVID-19. Injuries require allocating resources to treatment of the injuries, which can take away from our COVID-19 response capacity.

A blue pentagon shape with a white border containing the text 'Q5' in white.

## What should parents and caregivers of infants, toddlers, and young children do?



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### **Harborview Injury @HIPRC**

Lots of small items, like medication, button batteries, or small magnets, look like toys or candy to young kids. Do a thorough check of your home, including office supplies for work, and move hazards out of reach.

### **Kids In Danger @kidsindanger**

Check out our new consumer guide we made with @consumerfed & @uspirg about common hazards exacerbated by 'sheltering at home' time and how to protect your children:<https://kidsindanger.org/wp-content/uploads/2020/03/Protecting-Children-While-Sheltering-in-Place.pdf>

### **Genesis Health Consulting@GHC\_Ideas**

Ensuring constant supervision is key; installation of home safety equipment (e.g., stair guards, toilet locks, cabinet locks, and stove), modifying environments to remove hazards.

### **Center for Injury Research and Policy @CIRPatNCH**

A great way to help make sure all the rooms in your house are as safe as they can be is to download the Make Safe Happen App. The app walks you through each room of your house giving safety along the way.<https://makesafehappen.com/get-the-app>

### **Safe States Alliance @SafeStates**

Be attentive. Keeping track of curious toddlers is hard! Always assume they are able to crawl, climb, and rummage through things that could be harmful. Maintain safe play spaces and monitor activities.

A blue hexagonal shape with a white border containing the text 'Q6' in white.

## What should parents and caregivers of elementary-aged kids do?



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### **Harborview Injury @HIPRC**

Bicycling is a fantastic way to get out of the house and burn off energy. Properly fitted helmets should be used by everyone going for a ride: kids and adults.

### **Nicole B. Calvillo@MsNBarrera**

Perhaps also encourage parents to teach children basic first aid skills and show them how to access the first aid kit in their home.

### **Lara McKenzie @KidSafety\_PhD**

Need a quick break between work and need to get the kids outside? Home quarantine is a great time to practice your home fire drill! Get out in less than two minutes. Choose a meeting place outside and away from the house. Make sure everyone knows to go there.

### **Genesis Health Consulting @GHC\_Ideas**

Talk to your kids about how to stay safe - e.g., wearing a bike helmet while on wheels, wearing seat belts, not running into the street after balls. Environmental modifications still help - e.g., removing/locking up medications & firearms separate from ammunition.

### **Kids In Danger @kidsindanger**

Engage your older kids and have them help separate toys that aren't suitable for your younger children & identify hazards that should be remedied like window blind cords and locking up the cleaning supplies.



Q7

## What should parents and caregivers of older children and teens do?



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### **Harborview Injury @HIPRC**

Teens are at a great age to learn about first aid. Set them up with resources and videos about Stop the Bleed, CPR, and other life-saving skills. More on Stop the Bleed:

<http://depts.washington.edu/hiprc/stop-the-bleed-washington/>

### **U-M IPC @UMInjuryCenter**

The Michigan Safer Opioid Prescribing Toolkit has comprehensive resources on how to keep adolescents safe around opioids and other drugs:

<https://injurycenter.umich.edu/wp-content/uploads/2019/10/Adolescents-and-Opioids.pdf>

### **Ohio AAP @OHPediatricians**

With teens home during school closures and social distancing, parents should continue to ensure they #StoreItSafe as part of #StayAtHomeSafety for potentially dangerous items. These include firearms, medications, and alcohol. Learn more at:

<http://ohioaap.org/storeitsafe/>

### **Nicole B. Calvillo @MsNBarrera**

Ask them what their definition of safety means. Ask if they know what to do in the event of an emergency and maybe even ask them to demonstrate the skill, identifying how this will help them in the future.



A blue shield-shaped graphic containing the white text 'Q8'.

We know many parents and families are trying to adjust to new schedules and locations.

What are some strategies we can use to help them be safe as they find new routines?



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**Kids In Danger** @kidsindanger

For parents with multiple children, there may be toys in the home suitable for older children but hazardous to younger siblings. If a toy or part of a toy can fit into a toilet paper roll, it's too small for children under age 3.

**Safe Kids Worldwide** @safekids

Parents can use our medicine schedule to keep track of when to give or take medicine. It comes with helpful medicine safety tips.

<https://www.safekids.org/other-resource/medicine-schedule-pdf>

**Nicole B. Calvillo** @MsNBarrera

Provide parents with self-regulating strategies that students are typically taught in schools by their teachers or counselors--adults may benefit from this as well!

**Gary Smith** @GaryASmithMD

It is most effective if you can make safety changes to the home environment. Look for ways to design the problem out of existence. For example, anchoring TVs, dressers, and similar furniture will reduce injuries from a tip-over or falling TV.



A blue shield-shaped icon with the white text "Q9" inside.

With so many parents and caregivers working from home or dealing with the stress of being suddenly out of work while caring for children, distraction can be a huge problem.

What can we tell parents and caregivers that can help them get work done AND care for their kids?



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**Injury Free** @InjuryFreeKids

It is important to find ways to take breaks to play or spend time with kids. For younger children, keep them nearby while working. Make sure children have activities to be involved in while work is taking place. #StayAtHomeSafety

**Safe States Alliance** @SafeStates

Ideally kids have safe environments to learn & explore in - this is the most effective way to prevent injuries. Create routines that allow kids to be supervised on some activities and be independent on others, like reading, so you can both be productive.

**OhioPoisonControl** @OHPoisonControl

Encourage activities that children can safely do independently such as coloring, playing with play dough, reading, or imaginary play. Schedule family breaks throughout the workday to allow for interactive time with your child.

**Injury Prevention** @StopInjury

Supervision is reported as the most common injury prevention strategy adopted by caregivers. Keep your children in sight, make sure you can hear them and that you are near enough to them to help or intervene if it's needed. Take mindful breaks together to check in. Do a short activity or a group body stretch. Agreed, it is a very stressful time for both children and parents, so it's important to take a moment to breathe.

The logo consists of the text 'Q10' in white, bold, sans-serif font, set against a blue, irregular polygonal background that resembles a speech bubble or a stylized letter 'Q'.

Where can parents and  
caregivers go for ideas and tips  
about making their homes  
safer for their kids?



Use #StayAtHomeSafety to join  
Hosted by @PreventChildInj

**Ohio AAP** @OHPediatricians

The Ohio AAP has resources for families to help deal with the stress and risks present during this #COVID19 pandemic. Visit <http://ohioaap.org/covid19resources> to find resources for families and providers.

**Kids In Danger** @kidsindanger

Check out our new blog on ways to safeguard your home and protect your kids while being sequestered at home, like anchoring furniture & checking products for recalls: <https://kidsindanger.org/2020/03/what-hazards-to-watch-out-for-when-keeping-kids-at-home-during-covid-19/>

**Harborview Injury** @HIPRC

Many local departments of health, children's hospitals, and injury research centers provide information online about injury and prevention in their area. These are great places to start.

**Gary Smith** @GaryASmithMD

The Center for Injury Research and Policy at Nationwide Children's Hospital has many injury topic pages that parents can read to learn more about preventing child injuries: <https://www.nationwidechildrens.org/research/areas-of-research/center-for-injury-research-and-policy>