

Make Health Happen

Health Tips

Child safety

Kids get bumps and bruises. It's part of playing and exploring the world around them. But sometimes accidents can lead to disability or death. Children 19 and under die more often from injuries than from anything else. **With some simple steps, parents and caregivers can help keep kids safe.**

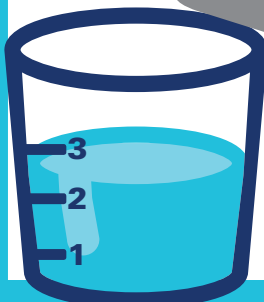
Keep kids safe from poisoning:

- Store cleaning products in their original packaging and out of reach of children. Put dangerous items high on a shelf or lock them.
- Use safety locks on cabinets.
- Read labels to find out what products you use could be harmful.
- Check your home for lead-based paint.

Text POISON to 797979 to save the contact information for poison control in your phone.

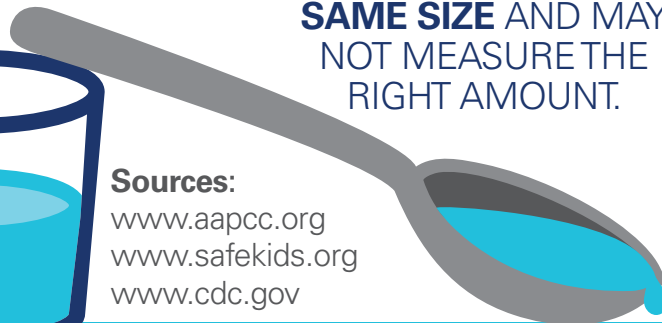


When you're giving your child medication:



KITCHEN SPOONS AREN'T ALL THE SAME SIZE AND MAY NOT MEASURE THE RIGHT AMOUNT.

Sources:
www.aapcc.org
www.safekids.org
www.cdc.gov



Helpful phone numbers for Simply Healthcare Plans, Inc. members only

Member Services or 24-hour Nurse HelpLine:

1-844-405-4298 (TTY 711)

www.simplyhealthcareplans.com/floridahealthykids

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Health Tips

Medication safety

More kids are poisoned by medications than anything else. Make sure your children can't get into your medications.

- Request childproof bottles at the pharmacy.
- Think about all the places you keep medicines. Have pills in your purse? Hang it up high. Is there medication on your nightstand? Store it somewhere else.
- Things like diaper rash cream, eye drops and hand sanitizer should be stored up and away.
- Get rid of expired medications, vitamins or supplements safely. Ask your provider or pharmacist how.

When it comes to your child's safety, what are you worried about?

Visit <https://www.safekids.org/safetytips> to learn more about keeping kids safe at home, at school, in the pool, on the playground and the playing field.



HOMES WITH KIDS ALSO HAVE A GUN.

Gun safety

Help keep your child and their friends safe when a gun is in your home:

- ☐ My gun is stored unloaded, locked up, out of reach and out of sight.
- ☐ Ammunition is locked up away from my gun, out of reach and out of sight.
- ☐ Keys or combinations to my locks are hidden.
- ☐ When my gun isn't locked up, I can see it.
- ☐ My gun has a working, child-resistant lock.

Talk to your kids about guns.

Discuss how guns they see on TV or in video games are different than guns in real life. Make sure they know what to do if they see a gun.

1

Don't touch it.

2

Tell an adult right away.



If your child spends time in a home with a gun, talk to the adults about safe gun storage.

Do you need help with your health care, talking with us, or reading what we send you? Call us toll free at 1-844-405-4298 (TTY 711) to get this for free in other languages or formats. languages or formats.

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Llámenos a la línea gratuita al 1-844-405-4298 (TTY 711) para recibir esto gratuitamente en otros idiomas o formatos.