

Home Safety Month



Ask Americans where they feel safest and most will say their own home. However, unintentional injuries in the home result in nearly 21 million medical visits on average each year. The Home Safety Council dedicates the month of June – Home Safety Month – to educate and empower both families and businesses to take actions that will make homes safe. Throughout Home Safety Month, the

Home Safety Council encourages the public to consider their home's danger areas and take simple steps to minimize risks from potential injuries, or even death.

Prevent Falls

- Have grab bars in the tub and shower.
- Have bright lights over stairs and steps and on landings.
- Have handrails on both sides of the stairs and steps.
- Use a ladder for climbing instead of a stool or furniture.
- Use baby gates at the top and bottom of stairs, if babies or toddlers are in your home.

Prevent Poisonings

- Lock poisons, cleaners, medications and all dangerous items in a place where children can't reach them.
- Keep all cleaners in their original containers. Do not mix them together.
- Use medications carefully. Follow the directions. Use child resistant lids.
- Install carbon monoxide detectors near sleeping areas.
- Call the Poison Control Center at 1-800-222-1222 if someone takes poison. This number will connect you to help in your area.

Prevent Fires & Burns

- Have working smoke alarms and hold fire drills. If you build a new home, install fire sprinklers.
- Stay by the stove when cooking, especially when you are frying food.
- Keep space heaters at least three feet away from anything that can burn. Turn them off when you leave the room or go to sleep.
- If you smoke, smoke outside. Use deep ashtrays and put water in them before you empty them. Lock matches and lighters in a place where children can't reach them.

Prevent Choking and Suffocation

- Things that can fit through a toilet paper tube can cause a young child to choke. Keep coins, latex balloons, and hard, round foods, such as peanuts and hard candy out of children's reach.
- Place children to bed on their backs. Don't put pillows, comforters or toys in the crib.
- Clip the loops in window cords and place them up high where children can't get them.
- Read the labels on all toys, especially if they have small parts. Be sure that your child is old enough to play with them.
- Tell children to sit down when they eat and to take small bites.

Be Smart Around Water

- Stay within an arm's length of children in and around water. This includes bathtubs, toilets, pools and spas – even buckets of water.
- Put a fence all the way around your pool or spa.
- Empty large buckets and wading pools after using them. Keep them upside down when not in use.
- Make sure your children always swim with a grownup. No child or adult should swim alone.
- Keep your hot water at or below 120 degrees F to prevent burns.



Visit the Home Safety Resource Center at homesafetycouncil.org

The Impact of Migraine

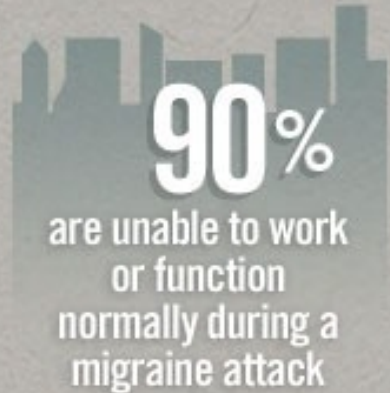
Over
37 MILLION
people in the US
live with migraines



...impacting one in
four US households.



90%
are unable to work
or function
normally during a
migraine attack



...resulting in an ER visit
every 10 seconds for
migraine or headache...



6.2

...times greater risk
of suicide...

\$31 BILLION
in direct and
indirect annual
economic costs



...yet fewer than 300
doctors currently
specialize in
headache medicine...



...and only 0.05% of the
National Institutes of Health
(NIH) budget was dedicated
to headache research.



0.05%

More than 50% of
migraine sufferers
are undiagnosed.





Sun	Mon	Tue	Wed	Thu	Fri	Sat
National Aphasia Awareness Month	Headache and Migraine Awareness Month	National Safety Month	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
June 13 - 19 National Men's Health Week						
19	20 Summer Begins!	21	22	23	24	25
26	27	28	29	30	Cataract Awareness Month	Scleroderma Awareness Month