

Kentucky

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Child Fatality Review

Newsletter

Inside this issue:

Smoke Alarm Safety	1
Fire Prevention Week	1
Bullying Prevention Month	1
Have a Safe and Healthy Halloween	2
Youth Suicide	2
SIDS, Pregnancy and Infant Loss	2

Check your **Smoke Alarms**, when you change the **Clocks!!**



Most fatal fires occur at night. Every home needs working smoke alarms to provide an early warning. Install smoke alarms in all sleeping rooms, hallways that lead to sleeping areas, basements and each additional level of your home. Smoke alarms should be mounted on the ceiling 4" from the wall; wall mounts should be 4-12" from the ceiling. Do not install near draft areas (windows, vents.) Call your local fire department if you are unsure about placement. They may also have some smoke alarms to give to families that qualify so be sure to check with them as they are a great resource for your community!

2012 Fire Prevention Week October 7-13, 2012

"Have Two Ways Out!"

The National Fire Protection Association (NFPA) announced the 2012 Fire Prevention Week theme as "Have Two Ways Out!" to encourage families across the country to prioritize fire escape planning and practice. From October 7-13, 2012, NFPA blazes the trail for home fire safety and leads the campaign to have a home fire escape plan that prepares families to think fast and get out quickly when the smoke alarm sounds. If one exit is blocked by smoke, it's imperative to plan for another escape outlet.

For more information about Fire Prevention Week, visit www.firepreventionweek.org. For more about Sparky's Wish List, visit www.nfpa.org.

A good time to remember to check your smoke alarm and change the batteries is when you change your clocks twice a year as daylight savings time begins and ends. **November 4, 2012 at 2:00 A.M.**

- Prepare and practice an escape plan!
- Crawl low under smoke.
- Plan where to meet outside.
- Once you're out, STAY OUT!



Remember, almost everyday a smoke alarm saves someone's life.

October is National Bullying Prevention Month!

The End of Bullying Begins with Me: that's the message during PACER's National Bullying Prevention Month in October. It's a time when communities can unite nationwide to raise awareness of bullying prevention through events, activities, outreach, and education. Resources from PACER's National Bullying Prevention Center make it easy to take action.

<http://www.pacer.org/bullying/resources/>



Have a Safe and Healthy Halloween

For many families, Halloween is a fun time to dress up in costumes, go trick-or-treating, and eat yummy treats. Halloween can also be an opportunity to provide nutritious snacks, get physical activity, and focus on safety. Make sure kids stay safe by wearing well-fitting masks, costumes, and shoes to avoid blocked vision, trips and falls. Trick-or-treaters should carry a flashlight & wear reflective markers on their costumes to help them see and help others see them.

Adults should examine all treats before eating:

- * For choking hazards
- * Inspect fruit and homemade goodies
- * Always in a well- litged place
- * Don't eat too much or you will feel pretty ghoulish for awhile!!!
- * Call **911** if you suspect any tainted candy



Youth Suicide

November is Suicide Prevention Month. Suicide is a serious public health problem that affects even young people. For youth between the ages of 10 and 24, suicide is the third leading cause of death. According to CDC, it results in approximately 4600 lives lost each year. The top three methods used in suicides of young people include firearm (45%), suffocation (40%), and poisoning (8%). Suicide affects all youth, but some groups are at higher risk than others. Boys are more likely than girls to die from suicide. Of the reported suicides in the 10 to 24 age group, 81% of the deaths were males and 19% were females. Girls, however, are more likely to report attempting suicide than boys. Cultural variations in suicide rates also exist, with Native American/Alaskan Native youth having the highest rates of suicide-related fatalities. A nationwide survey of youth in grades 9–12 in public and private schools in the U.S. found Hispanic youth were more likely to report attempting suicide than their black and white, non-Hispanic peers.

KY has one of the highest suicide rates in the nation among children and adults

October is SIDS, Pregnancy and Infant Loss Awareness Month!

Each and every day, 13 babies will be lost to SIDS and other sudden, unexpected infant deaths; more than 70 new parents will have listened sadly their stillborn baby's silence; and countless lives will be lost to miscarriage and other causes of infant death. Join forces with individuals, local, state and national organizations, as well as corporate and retail partners to increase awareness about these tragic causes of infant death.

The opportunities are endless, the results will save lives!

Please send suggestions or articles that you would like to see included in the newsletter. We welcome the chance to highlight your activities, overviews of your program, local team achievements, projects that have come from local reviews, etc.

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