

This Month:

National Safe at Home Week



“One is not exposed to danger who, even when in safety is always on their guard.”

~ Publilius Syrus

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To raise awareness of the dangers lurking in our homes, August 22-26 has been designated as National Safe At Home Week. It's good to have a designated week to raise awareness of home safety, but being safe in your own home should be more than just a one-week a-year goal. People of all age groups are likely to suffer injuries at home.

But children and the elderly are probably more vulnerable to suffer serious injuries as a result of hazards in the home. Here are just a few tips to help you become more aware of what you need to do in order to make your home a safe zone.

Tips to Stay Safe at Home

- Take a few minutes to walk through your home and look for potential trouble spots.
- The leading cause of accidental fatalities involving children in the home is poisoning. Keep medicines and household chemicals safely out of the reach of children, even if it means locking them up. And don't forget those items under the sink.
- For adults, the number one cause of household fatalities is slip-and-fall accidents. Among the steps you can take to prevent slip-trip-and-fall accidents include having proper lighting at home, cleaning up spills promptly, keeping hallways and stairs clear of debris or other objects, and installing handrails on stairs
- If you have young children at home, purchase and install covers for all unused electrical outlets.
- If you have a swimming pool in your backyard, make sure you erect a fence and keep the area locked and inaccessible to children.
- Make sure you have working smoke alarms. Change the batteries in the spring and fall.
- Have an emergency plan for disasters.

National Immunization Awareness Month

August is designated as the National Immunization Awareness Month (NIAM) which is an awareness campaign that aims to highlight the importance of immunizations across the different stages of life. Getting vaccinated is an easy way to stay healthy all year round. During the month of August, take the time to make sure that you and your loved ones have received all of the vaccinations you need.



Be Wise....Immunize!

Upcoming Dates

August: National Immunization Awareness

Aug. 22-26: National Safe at Home Week

Helpful Links

[National Safety Council](#)

[HealthyChildren.org](#)

[Georgia Poison Control](#)

[Parent Giving](#)

