



It's getting Hot Out There!

Hot summer days have contributed to many child deaths so far this year in the United States as a result of heatstroke, which can happen when kids are unattended in cars. Northern NJ Safe Kids/Safe Communities reminds caregivers to never leave children alone in a vehicle, and if you see a child alone in a car, call 911.

Heatstroke, also known as hyperthermia, is the leading cause of non-crash, vehicle-related deaths for children. It occurs when the body can't cool itself quickly enough and the body temperature rises to dangerous levels. Young children are particularly at risk as their bodies heat up three to five times faster than an adult's. Since 1998, many children across the United States have died from heatstroke when alone in a vehicle.



"A car can heat up 19 degrees in 10 minutes. And cracking a window doesn't help," said KJ Feury, injury prevention coordinator. "Heatstroke can happen anytime, anywhere. We don't want to see this happen to any family. That's why Northern NJ Safe Kids/Safe Communities is asking everyone to help protect kids from this very preventable tragedy by never leaving a child alone in a car, not even for a minute." Together, we can cut down the number of deaths and near misses by remembering to ACT.

A: Avoid heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own.

C: Create reminders. Keep a stuffed animal or other memento in your child's car seat when it's empty and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase, or purse in the back seat when traveling with your child.

T: Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life. For more information on preventing child heatstroke deaths, please visit www.safekids.org/heatstroke

Northern NJ Safe Kids/Safe Communities Recognizes Outstanding Members

On May 11th, 2023 Northern NJ Safe Kids/Safe Communities held its annual Awards Luncheon.

This year we recognized a young women who has just started her career as an Injury Prevention Advocate in Connecticut.

Amanda Gosson has been a CPS/CPSI working with Northern NJ Safe Kids/Safe Communities. She has been an energetic, young professional that never says no.

Amanda is often seen at our community events fitting bike helmets and life jackets.



KJ Feury Coordinator, Betty Castillo - Head Start and Jackie Leach CPSI

She has "grown up" in the halls of the Pompton Lakes First Aid Squad and is also completing her EMT certification.

We thank Amanda for the extra effort put forth and wish her well as she has graduated college and starts her career.

The Organization that has helped us grow our Car Seat Voucher Program and reach families in need of car seats is the Dover Head Start Program.

Lisa Chapparo and Betty Castillo have been instrumental in organizing our events within Head Start and screening the clients.

Betty Castillo was present to accept the award. We look forward to continuing the fruitful partnership.



Amanda Gosson CPSI Award Recipient, Jackie Leach CPSI

Photo Album

Group Shot - Madeline Cline Presenting Home Safety to Pompton Lakes Summer Camp



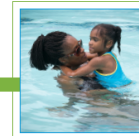
Morgan Joyce - CIPP Intern at Mt. Lakes Bike Rodeo Wildwood School; group shot Mt. Lakes Bike Rodeo



Head Start Dover - Car Seat Program



Pool Safety Checklist



Pool Safety Checklist

TIPS FOR PARENTS

- ☐ **Watch kids when they are in or around water, without being distracted.** Keep young children within arm's reach of an adult. Make sure older children swim with a partner every time.
- ☐ **Teach children how to swim.** Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water.
- ☐ **Make sure kids know how to swim and learn these five water survival skills:**
 1. Step or jump into water over their head and return to the surface.
 2. Float or tread water for one minute.
 3. Turn around in a full circle and find an exit.
 4. Swim 25 yards to exit the water.
 5. Exit the water. If in a pool, be able to exit without using the ladder.
- ☐ **Install fences around home pools.** A pool fence should surround all sides of the pool and be at least four feet tall with self-closing and self-latching gates.
- ☐ **Empty kids' pools after each use.** Store them upside down so they do not collect water.
- ☐ **Know what to do in an emergency.** Learning CPR and basic water rescue skills may help you save a child's life.

SAFE
KIDS
WORLDWIDE

Prevention Works is the official biannual newsletter of
Northern NJ SAFE KIDS/Safe Communities.

We welcome articles of interest highlighting your community or organization.

Let us know how you have made your community a safe community.

If you have any comments or topics you would like to see covered, please feel

free to contact Karen Jean Feury, RN

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