



**SCOTT & WHITE  
TRAUMA CENTER  
254 724-8202**

## STAYING SAFE WITH SCOTT & WHITE

### **Holiday Safety Tips to share with the family ...**

- In the hustle and bustle of the holidays, everyone seems to be in a hurry. Young minds may be distracted with visions of Santa and presents – Watch out...Be aware!
- Remind your children to slow down, be careful while crossing the street, and follow the school bus safety rules.
- Check that car safety seats are properly installed. Different cars, different schedules, different activities – if you move the car seat, make sure it's secure.
- Be vigilant about water safety. An open pool gate is an invitation!
- Holiday decorations may be painted or colored with paints and inks made with lead. Keep away from young children who may put them in their mouths.
- Alcohol, in all forms, may be in your home during the holidays. As little as one half ounce of rum can cause serious injury or death to small children. Remember that flavoring extracts used in baking may contain alcohol and should be stored out of reach of children.
- Holiday plants, such as holly berries and mistletoe are poisonous.
- Holiday visitors often bring medications and vitamins into your home in purses and suitcases. Be sure these items are stored out of reach of children.
- Post the **Poison Helpline** number on your phones and your refrigerator door -- **1-800-222-1222**.
- Contact the Poison Control Center @ [www.poisoncontrol.org](http://www.poisoncontrol.org) for more information.
- Remember that a helmet must be worn whenever kids are on wheels – bikes, dirt bikes, 4-wheelers, skates, roller blades, scooters.

The Scott and White Trauma Center wishes you a very Merry Christmas and Happy New Year!

Please be safe –

**“Don't lose your patience and become a patient!”**