



# Grandparents Corner

*August 2013*

## *Back-to-School Safety*

As summer draws to an end, back-to-school preparation is in full effect. Safety is one priority that families think about as children return to classrooms.

It is important for parents to stay up-to-date on the proper safety precautions and to share the information with their children to keep them safe throughout the school year.

Below are some tips to help make sure your child safely travels to school:

### **Walking to School**

- Walk on the sidewalk, if one is available. When on a street with no sidewalk, walk facing the traffic.
- Before you cross the street, stop and look all ways to see if cars are coming.
- Never dart out in front of a parked car.
- Practice walking to school with your child.

### **Riding a Bicycle to School**

- Make sure your child always wears their helmet when leaving the house.
- Teach your children the rules of the road that they need to know for riding their bicycles.
- Ride on the right side of the road and in a single file.
- Come to a complete stop before crossing the street.

### **Riding the Bus to School**

- Go to the bus stop with your child and teach them the proper way to get on and off the bus.
- Make sure your children stand six feet away from the curb.
- If you and your child need to cross the street in front of the bus, walk on the side of the road until you are at least 12 feet ahead of the bus. You should always be able to see the bus driver, and the bus driver should always be able to see you.

*Source: National Safety Council*

[www.nsc.org/safety\\_Home/SafetyObservances/Pages/BackToSchoolSafety.aspx](http://www.nsc.org/safety_Home/SafetyObservances/Pages/BackToSchoolSafety.aspx)

## QUICK QUIZ

*Thoroughly washing your hands often is your first line of defense against the spread of germs and viruses causing many illnesses - and not just the common cold. Read the issue and answer True or False to the questions below.*

1. The damp, dark nooks and crannies of cleaning rags, sponges and scrubbers are perfect places for dangerous viruses and bacteria to grow.    T    F
2. The most common way that illnesses like colds and flu are spread is when we touch something that carries the virus, then touch our face, eyes, nose, or mouth.    T    F
3. The microwave oven is a great way to disinfect items that are microwave-safe.    T    F
4. You have two allies in the fight against germs: your immune system and your hands.    T    F
5. Washing items in hot water and detergent will kill all germs.    T    F
6. To stay healthy, it's important to keep the immune system functioning well.    T    F
7. It is especially important to wash hands when returning from a trip outside the house, especially from "high-risk" places like the doctor's offices.    T    F
8. People with weakened immune systems should not empty litter boxes.    T    F
9. The simplest way to keep the air clean and germ-free is to cover your nose and mouth for every cough and sneeze.    T    F
10. Minor bites from a pet cannot cause an infection.    T    F

**KEY:** 1. T 2. T 3. T 4. T 5. F 6. T 7. T 8. T 9. T 10. F