

COOK COUNTY DEPARTMENT OF PUBLIC HEALTH



Todd H. Stroger • President

Cook County Board of Commissioners

Warren L. Batts • Chairman

Cook County Health & Hospitals System

Jorge Ramirez • Vice-Chairman

Cook County Health & Hospitals System

William T. Foley • CEO

Cook County Health & Hospitals System

Health System Board Members

Dr. David A. Ansell

Commissioner Jerry Butler

David N. Carvalho

Quin R. Golden

Benn Greenspan

Sr. Sheila Lyne

Dr. Luis R. Muñoz

Heather E. O'Donnell

Andrea L. Zopp

1010 West Lake Street, Suite 300

Oak Park, Illinois 60301

(708) 492-2000

TDD (708) 492-2002

Stephen A. Martin, Jr., Ph.D., MPH

Chief Operating Officer

For Immediate Release: June 17, 2010

Contact: Amy Poore 708-492-2015

The first day of summer is around the corner

Basic safety steps can save lives!

Summer activities can be great fun for all. More people venture outdoors to enjoy time with friends and family during weekend picnics and the Fourth of July holiday. People enjoy more swimming, biking, rollerblading and skateboarding. These fun activities offer great physical health benefits, but they can also involve risk for serious injury.

According to the U.S. Centers for Disease Control and Prevention, drownings are the leading cause of injury death for children ages one to four, and three children die every day as a result of drowning. In addition, according to the U.S. Consumer Product Safety Commission, in 2008, there were an estimated 7,000 firework-related injuries treated in U.S. hospital emergency departments. 40% of the estimated firework-related injuries were to children under the age of 15 and 800 of overall injuries were the result of handling a sparkler.

“Summer months provide us with a time to enjoy the great outdoors and have more family time fun.” CCDPH COO Stephen A. Martin, Jr., Ph.D., M.P.H. said. “Follow our basic safety tips to ensure you and your family stay safe during all your summertime activities.”

Water Safety:

While children are in or around water:

- **Always provide adult supervision.** Remember lifeguards are on duty to respond to emergencies not to supervise.
- Use life preservers or other equipment to keep a child safe.
- Maintain gates and fences around residential pools.
- If a child goes missing and there is water nearby, check the water first. Nationally, there are about 300 drowning deaths of children younger than 5 each year in swimming pools. Most of the victims had been missing for 5 minutes or less when they were found.

Fireworks safety:

- The safest way to enjoy fireworks is to attend a professionally-operated community firework display.
- Warn children about the dangers of playing with fireworks – even sparklers which burn at 1,800 degrees F.

Bike, skateboard and inline skating safety:

Cyclers and skaters can easily protect themselves from the dangers of their sports by:

- **Wearing a helmet.** Bicycle helmets are 85-88 percent effective in reducing heading injuries and deaths resulting from bicycle crashes.
- Wearing wrist guards and elbow and knee pads.
- Watching out for others.
- Always staying on the right side of trails and paths.
- Obeying regular traffic laws while riding in the street.

For more information, please contact the Cook County Department of Public Health at 708-492-2000.

###