

# FALL 2017 QUARTERLY NEWSLETTER



Cortland County Health Department  
Injury Prevention and Traffic Safety Newsletter



## CAR SEATS: REAR-FACING VERSUS FRONT- FACING

The AAP (American Academy of Pediatrics) advises parents to keep their toddlers in rear-facing car seats until age 2, or until they reach the maximum height and weight for their seat. It also advises that most children will need to ride in a belt-positioning booster seat until they have reached 4 feet 9 inches tall and are between 8 and 12 years of age.

By keeping an infant/toddler in a rear-facing seat, it reduces the rate of injury and mortality in motor vehicle accidents. A 2007 study in the journal Injury Prevention showed that children under age 2 are 75 percent less likely to die or be severely injured in a crash if they are riding rear-facing.

If you have any questions about car seat safety and recommendations, please contact the Public Health Educators with Cortland County Department of Health by calling 607-758-5509

Source: American Academy of Pediatrics

## Car Seat Checks

Stop by to see if your seat is installed correctly for your child.  
September 23rd from 9am-1pm  
Family Health Network  
403 West Road Cortland NY 13045  
Contact ReBecca Smith for more information at 607-758-5509



Injury Prevention & Traffic Safety Program

Funded by:  
NHTSA & ISTSC



cchd.cortland-co.org  
758-5526



Meet Jennifer Henriquez!  
Jennifer is the new coordinator for our Injury Prevention and Traffic Safety Program. You can contact her by calling 607-758-5524 or email at [jhenriquez@cortland-co.org](mailto:jhenriquez@cortland-co.org)

**Need a bike helmet?**  
Sizes from toddler to adult  
**\$5.00 suggested donation**  
For more information call 607-758-5524 or email [jhenriquez@cortland-co.org](mailto:jhenriquez@cortland-co.org)



Be careful driving and cycling on roads with fallen leaves! They are very slippery and can cause accidents.



## Stay safe this Halloween



On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year. To keep kids safe, stick with the following guidelines.

1. Decorate costumes and bags with reflective tape and stickers
2. Have kids use glow sticks or flashlights to be seen
3. Children under 12 should be accompanied by an adult
4. Stay in familiar areas that are well-lit and go in groups
5. Choose a costume that is the right size to prevent trips and falls. Avoid masks as they can obstruct vision

Source: Safe Kids Worldwide

## Back to School Safety



With fall comes reds, oranges, and yellows- including school buses. To keep children safe, it is important for everyone to follow safety rules for back to school. Walking and biking children should become familiar with traffic rules and know when it is safe to cross, where to walk safely, and to walk in a group. For students riding a bus to school, be sure to wait for the bus to stop completely before getting on, be sure it is safe to cross to the bus, and buckle up once seated. Drivers need to be more aware of child pedestrians and stay alert for buses stopping. It is a law to stop for stopped buses with red lights. It is everyone's responsibility to prevent pedestrian accidents.

Source: National Safety Council

## Injury Prevention and Traffic Safety Programs

Educate/Train/Motivate

Funded by the Cortland County Health Department and the New York State Governor's Traffic Safety Committee through a grant from the National Highway Traffic Safety Administration

Traveling Tots  
Appointments only  
607-758-5509  
Child Safety Seats  
Education and  
Distribution

Pedestrian, Bike,  
and Vehicle Safety  
607-758-5524  
Bicycle Helmet  
Education and  
Distribution