Make your home burn safe:
- Install smoke alarms on every floor, inside each bedroom, and outside sleeping areas. Test smoke alarms monthly and replace batteries at least once per year.
- Create a fire escape plan and practice the plan twice per year.
- Keep a fire extinguisher easily accessible and learn how to use it before you need it.
- Cover unused electrical outlets with plug safety covers.
- Store cleaning products, paints, chemicals, matches, and lighters in locked cabinets or closets.
- Install safety screens in front of fireplace openings.
- Keep all electrical cords and phone chargers away from babies.
- Do not use candles or plug-in home fragrances.

Travel safely:
- Check to make sure baby’s car seat is not hot before use.
- Never leave your infant unattended in the car.
- Do not place hot drinks in the stroller drink holder.

Be mindful of sun and other outdoor dangers:
- Keep your baby out of direct sunlight at all times.
- After 6 months, use sunscreen made for infant skin when outside.
- Make sure your baby wears shoes outdoors to avoid direct contact with hot concrete, playground equipment, and sand.
- Always keep your baby away from your BBQ grill.

As your baby gets older and becomes more mobile, the risks for burns continue. Learn how to prevent these hazards at:

www.childburn.org

YOU are the most important resource in keeping your child safe.
Safety Smart Babies

**Post this information in a prominent location.**

**EMERGENCY NUMBERS**

- Fire: _________________________________
- Police: ______________________________
- Poison: ______________________________
- Parent's Phone Number: ______________________
- Address: ________________________________________
- Neighbor's Name: _________________________________
- Phone: __________________________________________

**FIRST AID FOR MINOR BURNS**

- Remove hot object from skin.
- Run cold tap water over the burn for 5 to 20 minutes.
- **Do NOT** put ice, butter, toothpaste, egg whites, mustard, tomatoes, vinegar, or anything except cold water on a burn.
- **Do NOT** pop blisters. Cover and protect them.
- Seek medical attention for any burns to children under 2 years old, burns larger than the palm of the child’s hand, or burns to the face, hands or genitals.

**Burn Prevention Tips for New and Expectant Parents**

**Be careful in the kitchen:**

- Never hold a baby while cooking or consuming hot food or drinks.
- Use spill-resistant travel mugs for all hot beverages.
- Avoid passing hot food or drinks over babies.
- Do not leave hot drinks or liquid within reach of children.
- Avoid using tablecloths to prevent hot liquid or food spills.
- Never use a microwave to heat your baby's bottle or food. Use warm water instead.
- Always test the temperature of heated bottles and food before feeding your infant.
- Secure your child away from the stove when you are cooking.
- Cook on back burners and turn pan handles towards center of stove.
- Do not leave large pots on the ground to cool.

**Prevent bath time scalds:**

- Never leave your baby alone in the tub or bathroom, not even for a minute!
- Set your hot water heater for 120 degrees F.
- Run cold bath water first. Then add hot water as needed and stir.
- **Always test bath temperature with your hand or bath thermometer before putting your baby in the water.**
- Face baby away from faucets toward the back of the tub to prevent contact with hot faucet.
- Keep irons, hair appliances, and cords away from your baby’s reach.

Children’s Burn Foundation
5000 Van Nuys Blvd., Suite 210  •  Sherman Oaks, CA  91403
(818) 907-2822  •  www.childburn.org

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