

Child Injury: What You Need to Know

This program is presented by the Centers for Disease Control and Prevention.

More than 9,000 children and teens die from injuries each year in the United States. Car crashes, suffocation, poisoning, drowning, fires, and falls are some of the most common ways children are hurt or killed, but many are preventable.

To prevent injuries from crashes, always use seat belts, child safety seats, and booster seats that are appropriate for a child's age and weight. Also, parents can sign safe-driving agreements, or contract, with their teen drivers.

To prevent suffocation, infants should sleep alone on their backs on a firm surface with no loose bedding or soft toys.

And to prevent poisonings, keep medicines up and away and out of sight from both children and teens.

Injury is the number one killer of children but everyone can take steps to keep kids safe where they live, work, and play.

To learn more, visit www.cdc.gov/vitalsigns.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.