

# Protect Oklahoma Children from these Top 5 Preventable Causes of Death



#1

## Unsafe Sleep



Share a room, but do not share a bed, couch or other sleep area. Adults, children and pets can roll over onto babies and suffocate them.



Cribs should have a firm and properly sized mattress. Clear the crib of blankets, pillows, stuffed animals or bumper pads. Keep baby comfortable by using a sleep sack.



Always place your baby on his/her back to sleep at nighttime and naptime.



Tell your baby's other caregivers about safe sleeping arrangements.



Baby's sleeping room should be between 68 – 72 degrees Fahrenheit.

#2

## Vehicular Death



**FASTEN  
SEAT BELT**

Children under 13 years of age should always ride in the back seat.



Secure children in car seats or boosters appropriate for their age and size.



Hold hands with toddlers around moving vehicles.



Follow manufacturers' recommendations regarding the age and size of children on ATVs and motorcycles and wear helmets/protective gear. Children under 16 years of age should not ride/operate ATVs.



Children should always wear a bike helmet when riding bicycles.

#3

## Drowning



Never take your eyes off of children when around lakes, rivers, bathtubs, ice chests, and pools.



Enclose a residential swimming pool with four-sided fencing and a self-latching gate with an alarm that alerts the owner when the gate is opened. When a child goes missing, check the pool first!



Children should always wear life jackets around outdoor bodies of water.

#4

## Firearms



Keep guns out of reach of children. Store unloaded under lock and key in a gun safe or locked box.



Store ammunition separately from firearms.



#5

## Fires



Make sure there are working smoke detectors in your home/child's daycare and that your children know what to do in case of a fire.



Keep matches and lighters away from children's grasp.