



**FOR IMMEDIATE RELEASE**

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## **Phoenix Children's Hospital provides 4th of July safety tips**

Fireworks, family reunions and heat-beating activities are hallmarks of Independence Day celebration, but it can also be the source of accidents. Phoenix Children's Hospital reminds families to make this 4<sup>th</sup> of July a safe holiday for kids.

### Safety Tips

- Know your ABC's of water safety, A=Adult Supervision, B=Barriers such as gates and fences, C=CPR could save a child's life.
- During social gatherings assign a sober adult WATER WATCHER to supervise the pool/spa area. Constant adult supervision means "eye-to-eye" contact with the swimmers.
- While on boats, always have your children wear a properly fitting life jacket approved by the U.S. Coast Guard. Follow boating rules and avoid using alcohol.
- It is illegal in Arizona for individuals to possess fireworks. Never let kids play with fireworks including sparklers and flares. They cause serious burns and can impair vision and hearing.
- Watch area fireworks shows from the designated seating areas.
- Firing guns in the air to celebrate can have serious and even deadly consequences.
- Be certain that all passengers wear seatbelts when traveling in a car and that infants, toddlers, and children are properly secured in a child safety or booster seat.
- Never leave a child alone in a car, truck or van. **A car parked in direct sunlight for only 15 minutes can get to 131 to 172 degrees inside.** High Temperatures could lead to heat exhaustion or death.
- Plan for a safe travel home before the festivities begin. Before drinking, please designate a sober driver and give that person your keys.

This information is provided to you by the Injury Prevention Center, part of the new Level I Pediatric Trauma Center at Phoenix Children's. Phoenix Children's Hospital is expected to have designation as the state's only stand alone trauma center for children on July 21st by the State of Arizona, Bureau of EMS and Trauma System.

### **About Phoenix Children's Hospital**

Phoenix Children's Hospital is Arizona's only licensed children's hospital, providing world-class care in more than 40 pediatric specialties to our state's sickest kids. Though Phoenix Children's is one of the ten largest freestanding children's hospitals in the country, rapid population growth in Arizona means the Hospital must grow as well. Phoenix Children's recently announced a \$588 million expansion plan to bring its special brand of family-centered care to even more patients and families. The plan includes a significant upgrade of the Hospital's current campus, an aggressive physician recruitment effort, and new satellite centers in high growth areas of the Valley. For more information, visit the Hospital's Web site at [www.phoenixchildrens.com](http://www.phoenixchildrens.com).