



Haddonfield Ambulance Safety Tips

- Keep hydrated with water and sport drinks (electrolytes), children are more susceptible due to Central Nervous system is not fully developed.
- Avoid food poisoning. Do not keep food outside longer than one hour in 90 temps. Keep picnic tables away from trash cans. Discard soda cans to avoid attracting bees.
- School is Open. Children should walk facing traffic and cross only at corners with crossing guards.
- Halloween Customs should be flame retardant/resistant and fit properly to avoid blind spots and trip hazards. Test make up 30 minutes prior for any allergy or adverse reaction.
- Avoid hypothermia. Wear layers of clothing, including wool socks, mittens, hats & scarfs. Avoid excessive alcohol consummation.
- Heart healthy. Increase healthy eating habits and exercise regularly.
- Alcohol and Easter candy is dangerous for pets. Pet poison control 1-855-764-7661
- Always wear a helmet while riding a bike, rollerblades, and skateboarding.
- Avoid choking in children. Toys should be larger than 1.75" in diameter.