

ATASCOCITA Forest

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SAFE KIDS SAFETY TIPS

By Concentra Urgent Care

Accidental injury is the number one killer of America's children, taking more lives than disease, violence, and suicide. Prevention is the cure. It's estimated that by taking these and other simple precautions, almost all (90%) of these accidental injuries can be avoided.

- Childproof your home. Look at every room as your child would. Ask yourself what looks interesting and what can be reached. Get down on your hands and knees, and check for small things children can choke on.
- Use the back burners on stoves, and turn pot handles to the back. Keep children away from the stove or microwave when cooking, and don't serve hot food or drinks to them.
- Keep knives, glasses, and scissors where young kids can't reach them.
- Cover electrical outlets that are not in use.
- Keep guns locked, unloaded, and where kids can't reach them.
- Take precautions to avoid fire in the home.
- Install smoke alarms on every level of your home and in every sleeping area. Test them once a month.
- Plan several ways to escape from each room if a fire starts. Practice the fire escape plan with your family. Identify a safe place to meet outside.
- Lock up matches, lighters, and gasoline.
- Keep space heaters where kids can't reach them and away from curtains, beds, and papers.
- Never put electrical cords under rugs
- Always supervise children while they are in the bathroom, and follow other important bathroom safety guidelines.
- Keep the hot water heater at low-medium or less than 120°

Fahrenheit. Mix hot and cold water in the bathtub, and test it on your forearm before putting children into the tub. Never leave the room while they are bathing.

- Keep toilet lids closed and locked, and doors to bathrooms and utility rooms closed when not in use. Put razors, curling irons, and hair dryers out of reach.
- Avoid exposing children to potential poisons. Lock up potential poisons out of children's reach, including cleaning supplies, pet food, medicine, vitamins, beer, wine, and liquor.
- Read labels and follow directions when giving medicine to children.
- Know which houseplants are poisonous and keep them where children can't reach them.
- Install carbon monoxide detectors in every sleeping area and test them every month.
- Make sure heating systems are vented outside and checked every year.
- Prevent serious falls.
- Keep furniture away from windows. Install guards or stops on windows that are not emergency exits.
- Install safety gates at the top and the bottom of stairs.
- Never use baby walkers.
- Keep emergency numbers by every telephone. Call 911 if a child is choking, collapses, can't breathe, or is having a seizure. If you suspect a child has been poisoned, call 1-800-222-1222.
- Keep first aid supplies on hand.

For more information about preventing child injury, you can visit the Safe Kids USA Web site at: <http://www.usa.safekids.org>

ATASCOCITA FOREST

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EMERGENCY INFORMATION

Fire, Medical or Life Threatening Emergency 9-1-1
 P-4 Constable Dispatch..... 281-376-3472
 Humble ISD Police (Schools)..... 281-641-7900
 Atascocita Volunteer Fire Dept (AVFD)
Non-Emergency Number 281-852-2181
 Harris County Animal Control 281-999-3191
 Texas Poison Control Center 800-222-1222

UTILITIES

Electric, (multiple providers) www.powertochoose.org
Power Outages 713-207-7777
Street Light Outages 713-207-2222

Gas, Centerpoint Energy 713-659-2111
Gas Leaks 713-659-2111
Call Before You Dig 811
 Trail fo Lakes MUD 713-405-1750
 Aggressive Waste..... 713-631-1900
 Humble Post Office..... 281-540-1775

SCHOOLS

Humble ISD 281-641-1000
Website www.humble.k12.tx.us
 Whispering Pines Elementary..... 281-641-2500
 Humble Middle School..... 281-641-4170
 Humble High School 281-641-6300

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