THINK SAFETY!

2019
THE FLU AND YOU
Q & A to get ahead of flu season

Plus:
Child Identity Theft
Water Safety
Carseat Installation
Hot Plate Fire Prevention

SAFE KIDS
NEW YORK

LED BY NEW YORK CITY DOT
Lieutenant Anthony Mancuso was a little boy when he decided he wanted to be a firefighter, just like his uncle. “I was always interested in helping people,” said Lt. Mancuso, who retired from the FDNY earlier this spring, after years of collaboration with Safe Kids New York City.

In 1981, after a few twists and turns, and graduating from Brooklyn College in 1977 with a degree in geology and also a stint on Wall Street, Lt. Mancuso was called to join the fire department. He was first assigned to Manhattan’s Engine 29 in the Garment District. He later worked at Ladder 9 in the Village. One of his most interesting experiences as a firefighter happened there, after the crew had just finished putting out a fire in a brownstone. “When the smoke cleared, they had a large collection of framed taxidermied bats up on the wall,” he recalled.

One of his most memorable experiences as a firefighter was also his most tragic. By September 2001 Lt. Mancuso had already been promoted to one of the first to respond. The company was where he was raised. Lt. Mancuso’s company was Engine 29 in the Garment District. He later decided that he wanted to try something different, which is how he ended up teaching fire safety.

Since 2004 Lt. Mancuso has been teaching fire safety all across the city, including at senior centers, with girl scouts and boy scouts, at schools, and tenant associations. He’s taught safety with a number of organizations, including the Department of Health and ACS, as well as Safe Kids. He teaches not only fire safety, but also teaches fire prevention. A week before his retirement Lt. Mancuso was distributing batteries in Brooklyn so people can make sure they have functioning smoke detectors.

After getting injured handling a stove when he was responding to a gas leak, Lt. Mancuso decided that he wanted to try something different, which is how he ended up teaching fire safety. Since 2004 Lt. Mancuso has been teaching about fire safety all across the city, including at senior centers, with girl scouts and boy scouts, at schools, and tenant associations. He’s taught fire safety with a number of organizations, including the Department of Health and ACS, as well as Safe Kids. He teaches not only fire safety, but also teaches fire prevention. A week before his retirement Lt. Mancuso was distributing batteries in Brooklyn so people can make sure they have functioning smoke detectors.

After years of action, Lt. Mancuso doesn’t plan on retiring. He is excited about spending more time building model cars, and he and his wife have already made many travel plans. He must make sure not to get too involved in his original passion, geology, especially when he visits National Parks.

“My wife always says, ‘If you show me one more fossil we’ll never get out of here.’"
Fun in the Sun, Safe in the Water

By Julia Glauboch, Staten Island University Hospital Trauma Prevention Coordinator

With summer only a few short months away, the most popular summer activity may already be on kids’ minds: swimming. And while swimming is a great way to play, exercise or just cool off, it is important to keep water safety in the forefront. In fact, drowning is the second leading preventable cause of death for children younger than 10.

AT THE BEACH

- Supervise your child at all times.
- Be aware that waves are under constant change by weather and wind, which can influence water depth and rip currents.
- Only take your child to beaches with lifeguards. Do not enter the water after lifeguards go off duty.
- Teach your child what to do if they find themselves in trouble: remain calm, float and raise an arm to signal for help from a lifeguard.

AROUND BACKYARD POOLS

- Install a fence. Pool fencing is required by law for any swimming pool or spa and it must be at least four feet (48 inches) high. Make sure the safety latch is in good working order.
- Don’t leave any items or equipment close to the pool fence that would allow your child to climb up and over the fence.
- Don’t leave floating toys in the pool or your child may try to reach for them.
- Empty wading pools immediately after use.

RESOURCES

- The Learn to Swim program offers free swimming lessons for young New Yorkers at pools around the city. Registration begins on Friday, June 14. Contact NYC Parks or 311 for more information.
- The FDNY Free CPR Program offers New Yorkers a 30-minute class on compressions-only CPR. The free classes are taught throughout the year by certified FDNY EMS personnel at various locations.
- The American Red Cross also offers CPR and Swimming + Water Safety classes. 800-RED CROSS

Be A Year Round Reader

No matter what the season, New Yorkers love celebrations and parades of all kinds. Here are some titles to help you slow down and get ready for the festivities.

By Louise Lareau, New York City Public Library

Pie is for Sharing by Stephanie Parsley Ledyard; illustrated by Jason Chin (2018)

Celebrating the Fourth of July with a picnic includes games, fireworks and, of course, lots of delicious food.

Saffron Ice Cream by Rashin Kheiriyeh (2018)

A young immigrant girl is excited to visit Coney Island for the first time and is amazed at the differences between beach customs in her native Iran and her new home.

Full of Fall by April Pulley Sayre (2017)

Beautiful photographs and simple text explain the science behind fall leaves.

First Snow by Peter McCarty (2015)

Pedro is having a hard time adjusting to the cold weather, but a snowball fight, a snow angel, and a sled ride make things better.

The Race for the Chinese Zodiac by Gabrielle Wang, illustrated by Sally Rippin (2013)

The gorgeously illustrated book is a retelling of the mythological race that led to the 12 signs of the zodiac.

Hello Spring! by Shelley Rotner (2017)

Changes in plant and animal life mark the arrival of spring in this lyrical introduction to the season.

All Different Now: Juneteenth, the First Day of Freedom by Angela Johnson; illustrated by E.B. Lewis (2014)

A beautifully illustrated tribute to the first observance of African American Emancipation Day by the award-winning team of Angela Johnson and E.B. Lewis.

This Day in June by Gayle E. Pitman; illustrated by Kristyna Litten (2014)

Bright colors and vivid illustrations help depict the fun and jubilant feelings associated with a pride parade for the LGBTQ community as well as their friends and family.
Before the measles vaccine came out in 1963, there were 400 to 500 million cases a year, killing 400 to 500 people annually, according to the US Centers for Disease Control and Prevention. In 2000 the measles were declared eliminated from the United States. There have been outbreaks since then, however. The most recent started in late 2018. Due to its highly contagious nature, any given population needs a 93 to 95 percent vaccination rate to prevent an outbreak of measles. According to the CDC almost everyone who has not been vaccinated against measles will get measles if they are exposed to the virus. It is so contagious that simply entering a room where someone was sick with measles, even up to two hours after they left, will lead to infection. Many people are contagious even before they know they are sick. Even a small drop in the number of people who receive the Measles, Mumps and Rubella vaccine (MMR) will lead to an outbreak, as has happened in five states throughout the country, including New York State. As of early March there are 121 reported cases of measles in nine zip codes in Brooklyn alone.

Protect your family from the measles. Make sure you and your child have received your MMR vaccines. Please call 311 for more information.

THE FLU AND YOU

Like Halloween, Thanksgiving, apple cider and pumpkin pie, the flu is also seasonal. Flu is short for influenza, a viral respiratory infection that can cause serious complications or death. It spreads easily during fall and winter months and can be contagious 24 hours before symptoms even appear.

Here are some ?’s parents often have ahead of the flu season:

How can I prevent the flu?
The Centers for Disease Control and Prevention (CDC) recommends vaccination as the single best way to prevent the flu, and the CDC and the American Academy of Pediatrics (AAP) recommend that children 6 months and older be vaccinated. There is more than one type of flu shot available. Speak with your family doctor or pediatrician to choose what’s best for you and your family.

The flu shot only protects against specific strains of the flu. Even if you have been vaccinated, you still have to keep your immune system strong with regular exercise (at least 30 minutes a day, five days a week). Drinking plenty of water, eating a nutrition rich diet, and managing your stress levels also helps.

A person sick with the flu is contagious for about one week. Limit close personal contact and clean your hands frequently. If you already have the flu and don’t want to spread it to others, cover your nose and mouth when you cough and sneeze and stay home from work and school when possible.

What are the risks and benefits of the flu vaccine?
A: Like any medication, there are possible risks. Most are mild, but can range from a minor irritation at the injection site to a severe allergic reaction. Though local clinics and pharmacies offer the vaccine, the CDC advises that anyone with a history of severe allergic reaction to the vaccine or any of its ingredients be vaccinated by a doctor. Guillain-Barre Syndrome, a condition in which the immune system attacks the peripheral nerves, is another possible, albeit rare, side effect possibly triggered by the flu vaccine. Speak with your family doctor or pediatrician before getting vaccinated.

Who’s most vulnerable for getting the flu?
A: Children born prematurely and people with chronic medical conditions are vulnerable to deadly complications from the flu. Pregnant women and adults 65 and older are also vulnerable.

Are there medications that treat the flu?
A: Yes. Tamiflu, Zanamivir, Peramivir and Baloxavir are antiviral medications are available by prescription only. Please consult with your doctor about which is best for you or your children.

How will I pay for my flu vaccine?
A: Most people whose health insurance complies with the Affordable Care Act will not have to pay. Check with your insurance carrier. Otherwise, out-of-pocket costs vary by location and type of vaccine.
Ride safe with your child in the right place

By Marjorie Marciano, NYC Department of Transportation Office of Safety Education and Outreach

Is your car seat installed correctly?
Most car seats are installed incorrectly. Check to see if yours is in right. From March to November the NYC Department of Transportation operates car seat inspection stations in all five boroughs. Call 212-839-4750 for more information about making an appointment for a free car seat check by nationally certified child passenger safety technicians.

Reminder
The temperature inside a car can increase 20 degrees in just ten minutes and about 38 children in the United States die from heat stroke each year after being trapped in a car in hot weather. That said, you should not leave your child unattended in a car in any weather.

Age (years)

9/10

Birth
1
2
3
4
5
6
7
8
9
10
11
12
13+

Rear Facing Seat
Foward Facing Seat
Booster Seat
Seat Belt

Rear Facing Car Seat
Forward Facing Car Seat
Booster Seat
Seat Belt

Your baby under age two should always ride in a rear-facing seat – a rear-facing only or convertible car seat.

Birth – 2 years old:
Keep your child rear-facing as long as possible. It’s the safest way for him or her to ride. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat manufacturer.

4 – 7 years old:
Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat manufacturer. Once your child outgrows the forward-facing car seat with a harness, it’s time to travel in a booster seat, but still in the back seat.

8 – 12 years:
Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it’s safer there.

Children under 8 years of age should not play outside alone.

Children should avoid sledding or playing near a street, parking lot, pond, trees, fences, or other hazards.

Make sure children are using soft snow to make snowballs, and throwing them at children their own size. Facial injuries can occur when children are hit by snowballs that are heavy or icy.

Keep arms free to help keep and restore balance and have your cell phone handy in case of a fall.

Baby it’s cold outside

• Dress in loose fitting layers of breathable clothing to stay warm and prevent sweating.
• To prevent hypothermia and frostbite, wear water-resistant coats and boots, and be sure to remove wet clothing as soon as possible.
• Be sure to cover the nose, ears, toes, cheeks, chin, and fingers.

Watch out, it might be slippery!

• Footwear should have good tread to provide better traction on snow and ice.
• Try to stay on cleared paths that have been treated with salt or sand and keep an eye out for black ice.
• Take time while walking, taking smaller steps, and shuffling on slippery surfaces.
• Keep arms free to help keep and restore balance and have your cell phone handy in case of a fall.

The Department of Health and Human Services recommends that children and adolescents ages 6 to 17 years one hour or more of moderate-to-vigorous physical activity daily—and not just when the weather is nice. Check out some tips for safe exercise in the colder months.

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Age (years)

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2
3
4
5
6
7
8
9
10
11
12
13+

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Foward Facing Seat
Booster Seat
Seat Belt

Rear Facing Car Seat
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Keep arms free to help keep and restore balance and have your cell phone handy in case of a fall.
Your stove not working? Did the landlord turn off the heat? Just trying to keep food warm? Many New Yorkers treat the small, affordable hot plate as a solution to their most basic needs.

Hot plates have been suspected in other fires, and the NYPD estimates of 50% apartment fires begin in the kitchen. 23% of house fires begin in the kitchen. While it would be good to limit hot plate use as much as possible, the FDNY does offer guidelines for New Yorkers who feel the need to use them.

**HOT PLATE TIPS**

- No towels should be touching the hotplate (sometimes people cover food with towels to keep it warm).
- The wire and plug should be inspected for cracks and other signs of wear and tear (nothing lasts forever).
- Check the junction box where the wire enters the unit. It should not be discolored or open.
- No extension cords should be used.
- Do not let power cord rest on top of the plates.
- When using timers, they should be rated for use with the appliance they are controlling.
- If the legs or any other portion of the appliance is broken or cracked, it should be professionally repaired or discarded.

**Blondies — A TREAT FOR ALL TO EAT**

Want to celebrate your child’s birthday at school? Be careful before you concoct your dessert. According to the Center for Disease Control and Prevention (CDC), four to six percent of children in the United States have a food allergy. Many desserts include eggs, gluten and dairy, which are some of the most common allergens, leaving caretakers to wonder what they can bring to class.

**INGREDIENTS**

- 1 ¼ cup certified gluten-free oat flour.
- ½ cup tapioca starch/flour
- ½ cup unsweetened applesauce
- ¼ cup + 2 tablespoons packed light brown sugar
- ½ cup pure maple syrup
- ½ teaspoon fine sea salt (to taste)
- ¼ cup + 2 tablespoons packed light brown sugar
- ½ cup semisweet chocolate chunks, plus extra to put on top
- ½ cup sunbutter, which derives from sunflower seeds
- 1 ¾ cup certified gluten-free oat flour.
- ½ heaping cup semi-sweet chocolate chunks, plus extra to put on top
- ½ cup pure maple syrup
- 1 tablespoon vanilla extract
- 1 tablespoon fine sea salt (to taste)

**INSTRUCTIONS**

1. Preheat the oven to 350 degrees and coat an 8x8 glass or stoneware dish with non-stick baking spray or butter.
2. In a large bowl, combine the oat flour, tapioca starch and salt and whisk well.
3. In a separate medium-size bowl, combine the wet ingredients and whisk until smooth, then stir in the chocolate chips.
4. Pour liquid ingredients over the dry ingredients and stir until thoroughly mixed. Pour the batter evenly into the pan. Place extra chocolate chips on top.
5. Bake for 25-30 minutes until firm and golden. A fork should come out clean. Let cool for at least 30 minutes before slicing.
BIKE PROGRAMS
We want everyone using the road to be safe, including cyclists. There is an 85 percent chance that your helmet will protect your head during a crash. SEO operates helmet fittings and giveaways throughout the five boroughs. We also help distribute bike lights, hold delivery cyclist forums, and have a Bike to School program to encourage students to use their bikes as a mode of transportation.

CAR SEAT CHECKS
SEO does free car seat checks from March through November, doing 52 car seat checks per year. Please read our article on page 8 for more information.

CHILD PASSENGER SAFETY CERTIFICATION
SEO, along with the Safe Kids organization offers classes to for people interested in becoming certified car seat technicians. On average, SEO and Safe Kids New York City train 15 new car seat technicians annually.

SCHOOL SAFETY PRESENTATIONS
Safety educators at SEO visit an average of 650 schools a year, from kindergarten to twelfth grade, to do fun interactive traffic safety workshops.

BRONX SAFETY CITY
SEO offers interactive traffic safety workshops at Bronx Safety City. Safety City has an indoor learning center, as well as an outdoor streetscape for students to learn pedestrian safety and bike safety. Last year students from 75 schools visited Bronx Safety City.

PARENT WORKSHOPS
At parent workshops held throughout New York City SEO safety educators inform parents about best practices to follow with regards to bike, passenger and pedestrian safety so that parents can help keep their children safe. Last year educators held 100 parent workshops in all five boroughs.

COLLABORATION WITH SAFE KIDS NEW YORK CITY
Car crashes has been a leading cause of childhood death for many years. In 2018 61 percent of childhood fatalities were caused by injuries. Most of those injuries were caused by crashes, followed by firearms. SEO has long been a member of Safe Kids New York City due to the outsized and impact that traffic crashes have on child mortality. SEO hosts Safe Kids New York City meetings, and is involved in the group’s other health and safety related efforts, including Halloween Safety Day, September School Safety, Safe Kids Day, Walk to School Day, and much more.

CONTACT
If you are interested in collaborating with SEO, or would like to learn more about our outreach and education efforts, please call (212) 839-4750.