## —SAFE GUARDING YOUNG ONES AT HOME—

Sherri Bobzien

Accidents will happen. To children, and keep them free from danger.

For those of you with very young children. the best place to start looking for dangers in looks to a one-year-old. Electrical outlets so be especially careful with them. should be covered, and empty sockets inserted with safety plugs. Frayed lamp cords are a hazard and should be repaired or replaced. Remember, little people love playing with dangling cords, so make sure all drapery strings are tied up and out of reach. Chil-

Tablecloths dangling within a child's reach should be removed for a while, and sharp corners on coffee tables should be covered. (Try slicing a tennis ball in half to

The kitchen is an especially dangerous place for toddlers. Children should never be eft unattended in the kitchen, especially when any appliances are in use.

The Kitchen:

Child-proof all lower cabinets, and for extra safety, remove all cleansers, ammonia products and other toxic items from the cab- the medicine cabinet as well. Keep razors inets. Children will put anything in their and scissors locked up. Remember, too, that nouths, so remove all items small enough to polish removers, hairspray, and cologne swallow, as well.

Remember that most poisonings occur wrong hands. when a parent leaves a child alone. Never It's perfectly normal for all children to ge leave a child alone, even for a minute, while scrapes, scratches and bruises at one time you're cleaning. If you have to leave the or another, they are a part of everyone's ccident can happen in a split-second.

Keep knives and other sharp objects out grown-ups, too. While most adults know bet- of reach of children. Trash cans can also ter than to stick a fork into a live toaster, or pose a danger to curious children. Broken to drink the Drano, little ones don't. In fact, glass, or tiny things to swallow can be hazchildren between the ages one and two are ardous. Put the trash out of sight and keep a the most accident prone people, according secure lid on it. When cooking, place pots to the American Association of Pediatrics and pans on back burners so handles don't (AAP). Here are some tips on how to make hang over the edge. Boiling water or soup your home safer for your children and to can cause serious injury. Children may pull on the handles or you may bump them yourself, sending a scalding splash to a toddler.

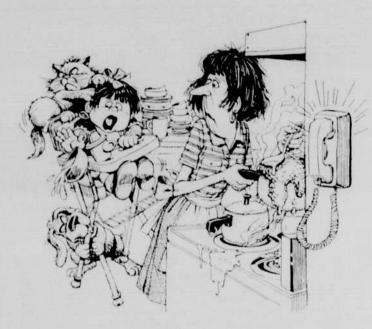
Keep all small appliances on the counter unplugged and away from the edges. Also, a your home is on the floor. See how the world dangling iron cord is fascinating to a child,

The most important rule is that a child should never be left alone in the bathroom Babies have been known to drown in a pud dle in the tub, and others have fallen into the toilet. Plastic doorknob covers are available dren can get tangled up in them and injure that make it difficult to get into rooms that

> Put no-skid stickers on the bottom of the tub. (Slipping in the tub is one of the most common accidents, for children and adults.) Be very careful about water temperature for your child, too. Their skin is much more sensitive than adults. The AAP suggests that you keep the water temperature at 120 degrees Fahrenheit while your child is young.

Aspirin and other relatively safe drugs should always be kept out of reach fo youngsters. It's a good idea to put a latch on can be dangerous when they fall into the

oom for any reason, put the product out of childhood. But by taking these precautions reach and take your child with you. A severe you can rest easier knowing that your child



Few blame themselves until they have exhausted all other possibilities. —Anonymous



It requires a very unusual mind to undertake the analysis of the obvious. -Alfred North Whitehead

# SEAT BELTS COULD SAVE YOUR LIFE (THEY DID MINE!)

I remember that day like it was yesterday. It was April 4, 1985, and I had just gotten my driver's license. Like all 16-year-olds, I thought that I was immortal, so I wheedled the car out of my parents to take it for a spin. Since my parents had made me take driver's education before I could get my

license, the idea of wearing a seat belt was ingrained into my brain. Little did I know how lucky that was for me. On that afternoon of April 4, I was paying more attention to my friends who were in the car rather than the road. I ran a stop sign and was hit from the side by an oncoming truck that was traveling too fast for the residential area that we were in. I remember thinking that I was going to die, but luckily I didn't. The police officer at the scene informed me that I was lucky to be alive mean that the person that after such a wreck. Only my they meet on the street and seat belt saved by life- highways thinks the same do our part, and buckle up nothing else. To this day, I thing. Drunk driving deaths llways wear one when I am are the major cause of death

driving. From personal experience, I know that they save lives, and I have realized how valuable life is. Unfortunately, not every-

one feels as I do. Of the 631

traffic deaths in Oregon last year, 85% of the people were not wearing their seat belts. A person riding in a vehicle is 2 times more likely to be seriously injured or die in a wreck as those who wear seat belts. Of adoleswear seat belts even though there is a law mandating the use of them for this age group. What people don't understand is that on an average Saturday night, 1 out of every 10 drivers that are encountered on the road is drunk. So even though most people don't think that

though. The number of traffic deaths in Oregon declined from 676 in 1988 to 631 in 1989. The Department of Motor Vehicles reports that over 45% of all drivers do wear seat belts when they are driving, but they also agree that more needs bile wreck, that doesn't to be done to stop the needless loss of life due to not wearing seat belts. Let's all

in a car regardless of who is in adolescents in America today. Most traffic deaths occur within 10 miles of the person's home, and could have been prevented if seat belts had been worn. These statistics are staggering Even more surprising are the number of reported traffic deaths as a result of not year, thousands of Americans die in traffic related deaths. Most of the traffic deaths in the U.S. could be prevented by wearing a seat

There is good news

**Becky Dixon** 

DRINKING DRIVING

Bug Off!

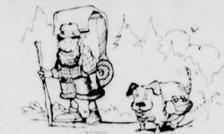
### Ticks, Mites and Hikers--

er Midwest in Minnesota and Wisconsin and along the Paci

If a tick has bitten you which is infected with the Lyme disease rrounded by a spreading red rash. Like the original bite, the rash ten goes unnoticed. Stiff neck, muscle aches, and low fever some ave no symptoms at all. The early symptoms usually disappear bu an be followed a few months later by knee soreness, severe head ralysis. These symptoms also disappear within a few days to a few hed to you, always consult a physician and if possible, extract th ew drops of alcohol for your physician to identify.

Chigger mites are another annoying and tenaciously hungry wood isite. Once April hits the Northwest, the mite larvae, newly atched in soil, climb the nearest plant and wait for a meal. Instead brush by a mite, the mite drops off the plant and attaches to you with a pair of jawlike claws. Unlike the tick, the chigger doesn't burrow. It off the skin by secreting enzymes which liquely epiderma

o avoid the risk of ticks and chigger mites, always head into the derbrush with a well-stocked first-aid kit including tweezers, inct repellent and calamine lotion. Wear a long-sleeved light colored irt to ward off heat and protect the arms and shoulders. This also takes a tick or mite visible on your clothing. Wear long pants in un terbrush and tuck your shirt into your pants and your pants into your socks or boots. When emerging from the wild, check yourself thoroughly and have a friend screen your back and scalp. May sound cra-



# Twas a dangerous cliff,

though to walk near its crest was so pleasant; But over its terrible edge there had slipped A duke, and a full many peasant. The people said something would have to be done, But their projects did not at all tally. Some said, "Put a fence 'round the edge of the cliff;" Some, "An ambulance down in the valley

The lament of the crowd was profound and was loud, As their hearts overflowed with their pity: But the cry for the ambulance carried the day As it spread through the neighboring city. A collection was made, to accumulate aid. and the dwellers in highway and alley, gave dollars or cents-not to furnish a fencebut an ambulance down in the valley.

'For the cliff is all right if you're careful," they said; "And if folks ever slip and are dropping. It isn't the slipping that hurts them so much As the shock down below—when they're stopping! So for years (we have heard), as these mishaps occurred Quick forth would the rescuers sally, To pick up the victims who fell from the cliff With the ambulance down in the valley.

Said one, to his plea, "It's a marvel to me that you'd give so much greater attention. to repairing results than to curing the cause; you had much better aim at prevention. For the mischief of course, should be stopped at its source, come neighbors and friends, let us rally It is far better sense to rely on a fence than an ambulance down in the valley.

"He is wrong in his head," the majority said; "He would end all our earnest endeavor. He's a man who would shirk this responsible work, but we will support it forever. Aren't we picking up all, just as fast as they fall, and giving them care liberally? A superfluous fence is of no consequence. if the ambulance works in the valley."

The story looks queer as we've written it here, but things oft occur that are stranger. More humane, we assert, than to succor the hurt, is the plan of removing the danger. The best possible course is to safeguard the source: attend to things rationally. Yes, build up the fence and let us dispense with the ambulance down in the valley.

-Author Unknown

Oregon Daily Emerald

Michael Dean Hutley

As summer approaches and the weather begins to heat up, we seek to discover different methods of "cooling off." Heading down a local river with friends to float down the rapids or swinging om a rope on a tree into the coolness of a mountain lake are ways which we take advantage of the seasonal Oregon sunshine. In c fer to enrich the festivities we often times involve the consumption f various forms of alcohol in excessive quantities. To combin hese two types of activity, however is a dangerous and life-threat ning folly best not undertaken.

Some Drinking and Swimming

Don't Mix

More than 150,000 persons of all ages drown each year through out the world. In the United States, about 7000 to 8000 lives are lost ue to drowning, or about 3 per 100,000. About 60% of all drowning: docks, decks of pools, bridges, or shores, or recreational boating nd fishing accidents. It has been estimated that perhaps 25% of al atal submersions throughout the world in persons ages 15 or older

owning victims from 1957 to 1980, 35% of the bodies contained at ast a .08% blood alcohol level. Causes of drownings ranged from alling off of jetties to passing out face down in a mud puddle.

Why does alcohol play such an important role in the deaths of nany drowning victims? The most important physiological action of alcohol in the body is most likely the depressant effect on the central nervous system. This may cause a drop in awareness or coordi nation, and it may also lower inhibitions, producing feelings of bravery and indestructibilty. This is when accidents can happen, and acting properly in a crisis situation becomes more difficult when the nind and body are intoxicated.

A good approach to avoid endangering yourself and others might e the same one taken to drinking and driving. If you know you are oing to be around the water, don't drink enough to impair your abily to think, decide, react, and move about freely. And if you have had too much already, stay away from the water.

Having fun is an important part of summer vacation, and in our ovely state we are afforded various lakes, rivers, pools, and ar cean in which to delve in recreational activities. Being safe is part of that fun, and by consciously making decisions in regard to alcoof and our behavior we may enjoy the weather that much more.

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The Well Now is a newsletter sponsored by the Student Health Center and produced by the health education staff with the assistance of the Oregon Daily Emerald. All articles are written by students and GTFs for the Health Education Pro-

I would like to extend many thanks upon my graduation to The Health Education Staff at the Student Health Center, Robert Petit, Administrator of the Student Health Center and Dr. James K. Jackson, Susan Thelen, Director of Advertising, Melissa Nelson and all involved for making this publication possible during my three years as Editor. Good health to you all! Beth Gaiser, Editor.



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# Bits and Pieces...

- Roads are most slippery during the first half hour of a rainstorm because oils tend to remain on street surfaces, so drive and cycle with care. Remember, too, that steel bridges, sewer grates, and manhole covers can be as slippery as ice when wet!
- Gasoline stored as far as 10 feet from an open flame or spark can explode because of escaping fumes. So store gasoline—as well as kerosene, solvents, and other products that give off vapors—in tightly closed containers far from gas water heaters, furnaces, ranges or any open flame.
- ◄ Glass windows block most the rays that cause sunburn, but not the radiation that can hurt eyes. Thus, you should wear sunglasses while driving.
- The most dangerous time to drive is at 2:00 a.m. Sunday morning, according to the National Safety Council.
- nonsmokers. This results in a more fragile skeleton and a greater risk of
- Wearing a bike helmet is the single most important safety factor in cycling. Yet less than 2% of all schoolchildren wear helmets while cycling.