

Public Health Toolkit **SOCIAL MEDIA**



Summer Safety

POST: Learn CPR this summer and reduce a child's risk of dying from drowning.

http://www.health.ny.gov/prevention/injury_prevention/children/fact_sheets/birth-19_years/drowning_prevention_birth-19_years.htm

TWEET: Learn CPR this summer and reduce a child's risk of dying from drowning.

http://www.health.ny.gov/prevention/injury_prevention/children/fact_sheets/birth-19_years/drowning_prevention_birth-19_years.htm

POST: Make sure every baby, child, teen and adult wears a personal flotation device (PFD) such as a life vest while boating. The PFD should have a Coast Guard approved label, fit snugly and be in good condition. For younger children, look for features such as head support and a strap between the legs.

<http://www.health.ny.gov/publications/3112.pdf>

TWEET: Make sure every baby, child, teen & adult wears a personal flotation device (PFD) such as a life vest while boating. <http://www.health.ny.gov/publications/3112.pdf>

POST: If you're a pool owner, you know how much work they can be. But do you know all there is to know about handling chemicals and storing them? Be familiar with these safety tips:

http://www.health.ny.gov/environmental/chemicals/pool_chems/

TWEET: Pool owners: brush up on all there is to know about chemical storage and handling with these safety tips. http://www.health.ny.gov/environmental/chemicals/pool_chems/

POST: Did you know that it takes approximately 30 minutes for caffeine to help wake you up and the relief is temporary? If you begin to feel drowsy while driving, find a safe rest area to pull into and take a nap versus drinking

caffeine. http://www.health.ny.gov/prevention/injury_prevention/drowsy_driving.htm

TWEET: It takes about 30 min. for caffeine to help wake you up & it's temporary. Drowsy drivers find a safe rest area to take a nap instead.

http://www.health.ny.gov/prevention/injury_prevention/drowsy_driving.htm

POST: If your kids love to ride bikes or scooters, use in-line skates skateboards, make sure they are properly protected with a helmet that fits correctly. Learn what to look for when buying a helmet. <http://www.health.ny.gov/publications/signature/3128.pdf>

TWEET: If your kids ride bikes, scooters, in-line skates or skateboards, make sure they are properly protected w/ a correctly fitted helmet. <http://www.health.ny.gov/publications/signature/3128.pdf>