

Top 10 Tips About Emergency Medical Services (EMS) for Parents of Young Children



- ① **Teach Young Children How and When to Get Help from Emergency Medical Services (EMS) by Calling 911. Make Sure They Know Calling EMS Is Serious -- Not a Game.**
- ② **Teach Children Their Address and Phone Number as Soon as They Are Able. Keep it Posted by All Phones in Case They Are Unsure.**
- ③ **Tell Children to Answer All of the Emergency Dispatcher's Questions and Stay on the Phone until They Are Told to Hang Up.**
- ④ **Make Sure Everyone In the Car Is Buckled Up Before the Car Starts Moving.**
- ⑤ **Prevent Injuries by Teaching Children to Wear Helmets When Bike Riding and to Add Pads When Skateboarding or Rollerblading.**
- ⑥ **Make Sure Kids Know the Sound of the Smoke Detector and What to Do If it Goes Off. Plan Escape Routes in Case of Fire and Designate a Family Meeting Place Outside the Home. Teach Your Kids to Stop, Drop and Roll If Their Clothing Catches on Fire.**
- ⑦ **Keep Matches, Lighters, Household Chemicals, Guns, Knives and Other Dangerous Articles Locked up or out of Reach.**
- ⑧ **Provide Supervision for Young Children at All Times. Do Not Leave Them Alone for Even Short Periods of Time. Make Sure Baby-sitters Know How to Access EMS Correctly.**
- ⑨ **Post Your House Number Where it Is Easily Visible from the Street.**
- ⑩ **Arrange a Field Trip to the Local Fire or EMS Department or Ask an EMS Professional to Make a Presentation to Your Child's Class. EMS Departments Also Will Send Speakers to Parents' Groups, Churches and Neighborhood Groups.**