

# Injuries are a major health concern for children 0 - 4 years in Hastings & Prince Edward counties

**“Most injuries are predictable and preventable.”**

- Consider injury risks as your child grows and gains new skills.
- Create safe places for your child to live, learn and play.
- Actively watch and listen to your child.
- Follow family safety rules.
- Be a role model – your child will do what you do.



**WHAT ARE THE TOP 5**

**CAUSES OF INJURIES**

**FOR CHILDREN**

**0 - 4 YEARS?**



Falls



Objects - falling or striking against



Animals, insects, plants or persons



Poisoning



Sports & recreation

## Fewer Injuries. Healthier Children.

For more child injury prevention information visit:

613-966-5500 | 1-800-267-2803

[www.preventchildinjury.ca](http://www.preventchildinjury.ca) | [www.hpepublichealth.ca](http://www.hpepublichealth.ca)

TTY: Dial 711 + 613-966-5500 + GA

