



Rick Scott  
Governor

**For Immediate Release**  
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## **NEWS RELEASE**

### **American Public Health Association Promotes Safety and Injury Prevention**

– April 4-10 is National Public Health Week –

**Port Charlotte (FL)** – April 4-10 is National Public Health Week and the American Public Health Association's theme this year is "Safety is No Accident: Live Injury-free." The Florida Department of Health, Charlotte County Health Department reminds residents that we all need to do our part to prevent injuries in our community. With simple steps we can live safer, healthier lives.

"I encourage everyone to look at your surroundings and consider ways to prevent unintentional injuries," said Mary Kay Burns, Charlotte County Health Department Interim Administrator. "A small precaution has the ability to save a life."

Each year, nearly 150,000 people die from injuries, and almost 30 million people are injured seriously enough that they need to go the emergency room. Driving a car, bicycling, swimming or simply walking down a street can all present hazards. No matter where you are, you and your family can protect yourselves from injury and live safer lives. Taking actions such as wearing a seatbelt, properly installing and using child safety seats, wearing a bicycling helmet, ensuring your rugs are non-slip and storing cleaning supplies in locked cabinets are important ways to proactively promote safety.

Increasing awareness on how to live safer and injury-free lives is the first step in creating a healthier community. Begin by observing this year's daily themes:

- **Monday: At Home** – Learn what precautions you can take to make your home a safer place.
- **Tuesday: At Work** – Conduct safety trainings and wear protective equipment to reduce exposures to hazards at work.
- **Wednesday: At Play** – Host a sports and recreation-related injury awareness event.
- **Thursday: On the Move** – Remain alert while on the move and wear a seat belt.
- **Friday: In Our Community** – Be mindful of your environment and work with local authorities to address public safety issues.

Consider these statistics when thinking about ways you can protect yourself, your family and our community:

- According to the Centers for Disease Control, more than 90% of exposures to poisonous substances in the U.S. happen at home; most are unintentional
- Having a working smoke alarm lowers the risk of death from a house fire by 50%.



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- Two-thirds of children killed by bicycle-related injuries could have been saved by wearing a helmet. Helmets reduce the risk of head injury by as much as 85% and the risk of brain injury by as much as 88%.
  - Florida has the highest number of drownings under age five than any other state. Charlotte County had 8 drownings last year that may have been prevented.
  - Unintentional falls are the leading cause of injury death among Florida residents ages 65 years and older and the fourth leading cause of injury death overall. Charlotte County had 7 falls that resulted in death in 2010, the majority of which were by seniors.

Please don't let you or your loved ones become a statistic. "Safety is No Accident: Live Injury-free."  
For tips on how to prevent injuries visit [www.CharlotteCHD.com](http://www.CharlotteCHD.com).

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