

# Injury Prevention Newsletter



## Have a safe and Happy Halloween Here are some tips ... Trick or Treaters:

- Stay on sidewalks.
- Carry a flashlight.
- Stay in neighbourhoods you know.
- Only approach houses that have a porch light on.
- If you're wearing a mask, make sure you can properly see out of it.
- Make sure costumes don't drag on the ground.
- Don't eat candy until parents have checked it.
- Stay away from animals you don't know.

It's all happening in the fall!



### September:

**9/6/2011.**

- **IMPACT** is ready for another fantastic school year.

**9/29/2011.**

- **Paediatric Talk Trauma**  
Best Western Lamplighter

### October:

**10/27/2011**

- **Not By Accident**  
conference Best Western

## “Smartie Parties” Not what you think.

Please read website below:  
<http://cnews.canoe.ca/CNEWS/Canada/2011/06/27/18342296.html>



## Hockey Season

Canadians love to watch hockey, but also love to play this awesome sport. Make sure that if you are playing to wear a proper helmet and other safety equipment to avoid any concussions or injury to the head or spine injuries that may occur if not properly outfitted in the proper gear. If you are playing hockey on a frozen lake make sure that there is at least 5 inches of ice beneath you. Be aware of your surroundings and always let someone know where you are just in case of an emergency.

A “Smartie” party is all the rage for teens, they are also known as Pill parties.

Drug counselors across the North America are beginning to hear about similar pill-popping parties, which are part of a rapidly developing underground culture that surrounds the rising abuse of prescription drugs by teens and young adults.

It's a culture with its own lingo: Bowls and baggies of random pills often are called "trail mix," and on Internet chat sites, collecting pills from the family medicine chest is called "pharming."

Always lock up your medication in a secure location so they are not accessible to anyone except yourself. This will save lives!

## Holiday parties. Drink responsibly

As Christmas season approaches, many gatherings you will be invited to will be celebrating with alcohol. Eggnog, Wine, Punch...

Please make sure that you are responsible and have someone who will be a designated driver or have money set aside for a taxi or Keys Please (which is a designated driver service in case you don't have one).

**Keys Please** info:

Toll Free No: 1-800-439-0399

Hours: Sun-Thurs: 4pm-3:30am

Fri & Sat: 4pm-4:30am

Have fun and make good decisions.

## Happy Holidays

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