



# Safety Tips for Children With Sickle Cell Disease

These tips can help you keep your child safe and add to general safety advice for your child's stage of development. Adapt these tips to meet the needs of your child and family. What works now may change as your child grows and develops.

## Tips for Using This Flyer:

- Talk with your child's care team including their health care provider, school nurse, principal, teacher, school staff and other caregivers.
- Involve your child. Talk about the steps you'll take. Ask your child "what if" questions to help them learn to problem solve.
- One of the most important safety tips for children with Sickle Cell Disease is to check **all** fevers and respond appropriately. Talk with your child's doctor about fevers and when you should take your child to the emergency room if your child has a fever.

## Water Safety

- Avoid cold water temperatures (below 84°). Cold temperatures are known to start pain crises.
- Observe your child's facial and skin color for any signs of chilling.
- Always have an adult watch your child closely around water (even if a lifeguard is present).
- Have your child wear a life vest each time they are on a boat, on a dock and near open water like rivers or lakes.

## Preventing Vaso-occlusive Pain Crisis

- Fly only in pressurized planes.
- Have your child rest when fatigued.
- Make sure your child gets all the advised immunizations. This includes a yearly flu shot.
- Try to reduce stress for your child.
- Give your child all the medicines they have been prescribed.

Have your child drink lots of fluids to avoid dehydration when your child:

## Safety Tips for Children who have Sickle Cell Disease

---

- Has a fever.
- Has pain.
- Is outside in hot weather.
- Is very active.
- Is traveling.

Adapted in part from the Diagnosis Related Injury Prevention Suggestions developed by the Ohio Dept. of Health, revised with permission by the Center for Children with Special Needs, Seattle Children's Hospital.



**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION

Center for Children  
with Special Needs  
[www.cshcn.org](http://www.cshcn.org)

