



Safety Tips for Children with Cardiac Conditions

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:

- Give a copy to the people who care for your child. Mark tips that may help them.
- Talk with your child's care team including your child's 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.

If Your Child Uses Oxygen:

- Is oxygen always kept away from any source of high heat such as electric or kerosene heaters?
- Maintain a smoke free home and car.
- Do all adults and older children know where the fire extinguisher is and how to use it?
- Be alert to factors that reduce oxygen in your home such as open flame heating devices (gas, wood, kerosene heaters) and poor air quality index.
- Talk with your local fire department about any special evacuation needs for your child and for oxygen.

Environmental Concerns

- Avoid letting your child get over heated or dehydrated in hot weather.

Other

- Some medications such as Coumadin (Warfarin) or aspirin can cause increased bleeding from cuts or injuries. Medical alert bracelets or necklaces can help to inform others that your child is on those medications.

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