



**SAN FRANCISCO  
HEALTH PLAN™**

*Here for you*

# Home Safety for Children & Babies

Use this checklist to keep your home safe for children and babies. Keep emergency phone numbers (primary care provider, fire department, and poison control) close to the phone. Teach your older children to call 911.

## Watch Your Baby Closely

- Never leave a young child alone at home, in a bathtub, or in the car.
- Never leave a baby on a raised surface, such as a bed, changing table, or sofa unattended.
- Do not leave a baby alone with pets.

## Make Every Room Safe

- Put safety latches on all cabinets and drawers that hold sharp objects, chemicals, or medicines.
- Put outlet covers on all electrical outlets.
- Put a baby gate at the top and bottom of all stairways.
- Cover corners and sharp edges of furniture with corner protectors.
- Put screens around hot things like radiators, stoves, and space heaters.

## Toy Safety

- Keep small objects away from your baby. If a toy is small enough to fit inside a toilet paper roll, it is too small for your baby.
- Check toys to be sure they are right for the age of your child.
- Buy flame resistant, washable, and non-toxic toys.



## Nursery and Clothing Safety

- Buy baby furniture with the Consumer Product Safety Commission (CPSC) or Juvenile Products Manufacturers Association (JPMA) label.
- Use a crib mattress that fits snugly in the bed. Secure side rail latches when they are up.
- Place your baby on her back to sleep.
- Take off drawstrings from baby clothing. Don't put necklaces, rings, or bracelets on your baby. Never tie a ribbon or cord around a baby's neck to hold a pacifier.
- Use flame retardant pajamas.

For more information call Customer Service at **(415) 547-7800** or visit **[www.sfhp.org](http://www.sfhp.org)**  
**Free 24/7 Nurse Help Line (877) 977-3397**



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## Kitchen and Bathroom Safety

- Keep hot drinks and foods, knives, and electrical objects out of your child's reach.
- Adjust your water heater to 120° F or less.
- Use a baby tub for at least the first 5 months. Then use a tub seat when your baby is big enough to bathe in a tub.
- Check that the bath water is warm, not hot, and use only a little bit of water in the tub.

## Medicine Safety

- Keep medicines and vitamins out of your child's reach in a locked drawer or cabinet.
- Never give home remedies or medicine to your baby without first checking with a doctor.
- Check with your baby's provider for the right medicine dose for baby's age or weight.

## Car Safety

- Always use approved child safety seats for your child's age and weight.
- Never hold a baby or child on your lap while riding in a car or truck.
- Everyone in the car should wear a seat belt.

## Fire Prevention

- Keep matches and lighters out of your child's reach.
- Check smoke detectors each month and change the batteries each year.
- Plan more than one escape route from each room in the house.

## Other Safety Concerns

- Do not let anyone smoke or drink hot liquids while holding your baby.
- Put sunscreen on all children. Put a hat on babies less than 6 months old.
- Consider taking an infant/child CPR course and first aid class.

Sources:

*"Vaccinations for Children"*  
National Health Information Center,  
**[www.healthfinder.gov](http://www.healthfinder.gov)**

*"Child Safety Checklist"*  
**[www.healthinftranslations.com](http://www.healthinftranslations.com)**

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