



Keep Kids Safe: Prevent Childhood Injuries



For IMMEDIATE RELEASE

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NEW CITY, NY - Injuries are the leading cause of death for children in New York State, which claim thousands of lives statewide each year. This September 1–7, the Rockland County Department of Health (RCDOH) joins communities across New York and the nation in observing National Childhood Injury Prevention Week. This awareness week reminds parents and caregivers that simple steps can keep children safe at home, at play, and on the go. Common causes of childhood injury include motor vehicle crashes, suffocation, drowning, poisoning, burns, and falls.

“Many childhood injuries can be prevented by following simple safety steps,” said **Dr. Mary Leahy, Rockland County Commissioner of Health**. “Using the correct car seat, keeping dangerous items out of reach, and watching children closely can help prevent serious injuries.”

Some safety tips for parents and caregivers to help [protect children](#):

Check your child’s car seat. Install the seat correctly. Make sure it does not move more than one inch from side to side when you pull on the base.

Secure TVs and furniture. Mount flat-screen TVs to the wall. Place heavier TVs on low, sturdy furniture to prevent tip-overs. Secure dressers to the wall.

Test smoke and carbon monoxide alarms. Test alarms every month. Replace batteries if needed. Replace alarms every 10 years.

Keep medicine and small batteries out of reach. Store medicines high up and locked away. Keep batteries away from children. If swallowed, batteries can cause serious injuries.

Limit distractions. Put your phone away when driving, walking with children, or watching them play. Focus on your child and your surroundings.

Help children stay visible. Dress children in bright or reflective clothing. Use lights or reflective gear in low-light conditions to help others see them.

The [Rockland County Healthy Neighborhoods Program](#) offers free home visits to eligible residents, including low-income families, older adults, and households at higher risk, to identify health and safety concerns and help families make their homes safer. Services are available in **English, Spanish, and French/Creole**. Families may also receive free safety items, while supplies last, to help prevent injuries and create safer homes for children, including:

Carbon monoxide alarms

Smoke alarms

Child safety kits with cabinet locks and outlet safety covers

Schedule a free home visit:

845-364-2545/email: HealthyNeighborhoods@co.rockland.ny.us

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