



EMUHSD Safety News

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NO Excuses—Live Tobacco Free

The Los Angeles County Department of Public Health has launched a campaign to help people to stop smoking.

The LA County Department of Public Health is teaming up with WNBA Los Angeles Sparks to launch its NO EXCUSES-LIVE TOBACCO FREE campaign, with free help—including a free four-week supply of nicotine patches— from the California Smokers' Helpline at **800 NO BUTTS (1-800-662-8887)**.

You can also get more information at www.laquits.org. ❖



Secondhand Smoke—Firsthand Dangers

Did you know that secondhand smoke is classified as a Toxic Air Contaminant by the California Air Resources Board and that there are 7,000 chemicals in tobacco smoke—70 of which are known to cause cancer? Secondhand smoke is the third leading

cause of preventable death in the United States.

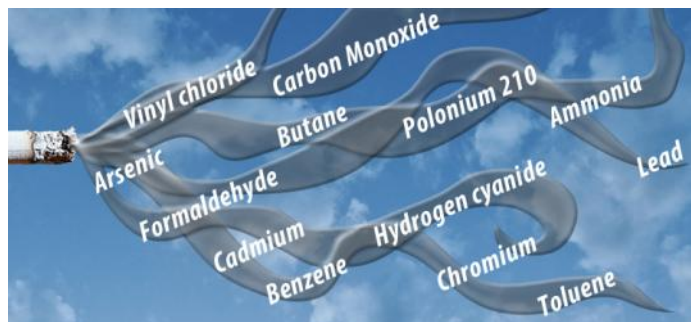
Dangers to Children

Secondhand smoke is more dangerous for babies and young children because their bodies are still growing.

Exposure to secondhand smoke can lead to ear infections, more frequent and severe asthma attacks, respiratory symptoms, respiratory infections, and a great risk of sudden infant death syndrome (SIDS). For more information, go to www.laquits.com/secondhand-smoke/.

Smoking in public places

Smoking is no longer allowed in workplaces, in cars with passengers under age 18, at public parks or beaches, near playgrounds, and in bars and restaurants. In the City of LA, smoking is also banned in outdoor eating areas (www.freshairdiningla.com). ❖





Safety on the Road

Either your teen is driving or thinking about it—which is a scary thought for all parents.

Make sure that your teen completes at least 50 hours of behind-the-wheel training before taking the driving test for a license.

Here are the safe driving tips from the Department of Motor Vehicles:

- Steer smoothly at all times.
- Accelerate smoothly. Don't race the engine or make it stall.
- Stop the vehicle gently. Start braking well ahead of where you must stop to avoid sudden "jerks." Know where to stop. Be aware of crosswalks. If your view is blocked at a crosswalk, move forward carefully and look both ways before entering the intersection..
- Be sure your vehicle is in the correct gear. Don't grind the gears. Don't coast to a stop.
- Always obey the posted speed limits. If needed,

reduce your speed to adjust for existing weather, road, and other traffic conditions. Remember to turn on your lights if you need to use your windshield wipers in poor weather conditions.

- Follow at a safe distance. Use the three-second rule. Increase your following distance in bad weather or poor visibility.
- Know what the traffic signals mean and obey them at all times.
- Always use the proper lane. Turn from the correct lane into the correct lane.

- Signal for all lane changes and turns.
- Always look for potential hazards. Check your mirrors frequently. Always look over the proper shoulder before making lane changes or pulling away from the curb.
- Drive defensively. Anticipate another driver's errors.

A good resource for all parents and teens is the "California Parent-Teen Training Guide" that you can view or download at <http://dmv.ca.gov/pubs/dl603/dl603.pdf>. The DMV also has a website for teens at <http://dmv.ca.gov/teenweb/>. ❖



Risks for Teen Drivers

According to the National Safety Council (NSC), motor vehicle crashes are the leading cause of death for teenagers. More than 15 crashes involving drivers from ages 15 to 20 occur each day.

Driving Passengers

The NSC reports that just one passenger increases a teen's crash risk by 48%. That

risk grows as more passengers are added. A teen is 307% more likely to crash with three or more passengers.

Late Night Driving

The teen crash risk is the highest from 9 p.m. to 1 a.m., the NSC reports based on findings of the University of Michigan Transportation Research Institute.

Cell Phone Use

The NSC also reports that texting and handheld cell phone use is the highest among drivers aged 16 to 24.

Use of a cell phone and texting while driving is illegal in California because of the risk to all drivers—not just teens.

For more information, go to http://www.nsc.org/safety_road/TeenDriving/. ❖

ChooseMyPlate.gov

There are a lot of new resources to help you get healthy, such as www.teamcaliforniaforhealthykids.org/ set up by the California Department of Education. Two other good websites are LetsMove.gov and ChooseMyPlate.gov; both of these websites contain useful resources about exercise and healthy eating.

The new icon shows that half of the plate should be vegetables and fruits, and the other half should be whole grains and



lean proteins, with a serving of low-fat dairy.

The website has sample menus and recipes, including recipes from First Lady Michelle Obama, and a “SuperTracker” to help keep a record of your diet and activity. There also are tips on how to eat healthy on a budget.

Take a look at ChooseMyPlate.gov and see if you want to make a healthy lifestyle your new year resolution for 2012! ❖

Get Up, Get Moving

Parents and kids all need to get up and moving. What kind of exercise do you like to do? Check out this table from www.choosemyplate.gov to see how effective your favorite exercise is.

How Much Exercise Do You Need?

Adults need at 2 hours and 30 minutes of aerobic physical activity at a week at a moderate level OR 1 hour and 15 minutes at a vigorous level. Spreading this activity over at least 3 days a week is recommended.

Children and Teens should exercise 60 minutes or more every day. This can be either moderate or vigorous activity and should include vigorous physical activity at least 3 days a week.

Toddlers and Young Children, aged 2-5 years, should play actively several times a day. The physical activities should be developmentally appropriate, fun and offer variety.

For more details and information, go to www.choosemyplate.gov. ❖

Moderate Physical Activities	Approx. calories used by a 154-pound man	
	In 1 hour	In 30 minutes
Hiking	370	185
Light gardening/yard work	330	165
Dancing	330	165
Golf (walking and carrying clubs)	330	165
Bicycling (less than 10 miles per hour)	290	145
Walking (3-1/2 miles per hr)	280	140
Weight training (general light workout)	220	110
Stretching	180	90
Vigorous Physical Activities	In 1 hour	In 30 minutes
Running/jogging (5 miles per hour)	590	295
Bicycling (more than 10 miles per hour)	590	295
Swimming (slow freestyle laps)	510	255
Aerobics	480	240
Walking (4-1/2 miles per hour)	460	230
Heavy yard work (chopping wood)	440	220
Weight lifting (vigorous effort)	440	220



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WePrepare



The State of California has a website to help you prepare for all different types of incidents, such as earthquake and fires.

You can get an online 15-page family disaster plan that can be completed online and then downloaded and printed at <http://www.californiavolunteers.org/familyplan/plan.html>.

How Do You Prepare For Disasters?

Here are the ten ways to prepare for a disaster.

1. Identify the risks

- Identify dangers where you live and work, and where your children go to school. Find out what natural or man-made disasters pose a risk for you and your family, such as a flood plain, major earthquake fault, or high risk fire area.
- Make sure your insurance coverage is up to date on an annual basis.

2. Create a Family Disaster Plan

- Designate a meeting place outside of your home.
- Identify an out-of-state "family contact."
- Make sure everyone in your family knows your plan.
- Learn how to get important info in your community and how to contact your family members if you are separated.
- Take care of your family pets and store food and water for

them in your disaster supply kit. Make sure their tags are up-to-date.

3. Practice your Family Disaster Plan

- Start by having family members meet at a designated spot outside your home.
- Know whether to stay indoors or whether to evacuate.

4. Building a Disaster Supply Kit

- Build a disaster supply kit for your home and your car. Keep them in a backpack or plastic box or wheeled trash can that can be easily moved.
- See recommended items at www.californiavolunteers.org.



5. Prepare Our Children

Talk to your kids about the risks and what your family will do if a disaster strikes. Empower your children to help develop your family plan, build your disaster supply kits, and lead practice drills.

6. Keep in mind Unique Needs

Do you have small children or are there seniors or individuals with disabilities in your family? Make sure you have infant supplies,

medications or durable medical equipment that you or your family members may need. Have enough supplies to last at least three days. Contact the National Council on Disability at www.ncd.gov for more information.

7. Learn First Aid and CPR

Contact your local chapter of the American Red Cross today and get trained on first aid and CPR. Your training could save the life of a loved one or neighbor following a disaster.

8. Secure Your Space at Home and Work

Contact your local chapter of the American Red Cross today to get trained on first aid and CPR so you can help your family or neighbors in the event of a disaster.

9. Understand Man-Made Disasters

While terrorism might come to mind first, the more likely encounter would be chemical spills and power outages.

10. We Serve

In California, one way WE prepare is by helping others. You can log onto the website, www.californiavolunteers.org and select "Public Safety & Disaster Preparedness" to find out where to donate blood or how to join a local Community Emergency Response Team (CERT), the American Red Cross, Fire Safe Council or other volunteer organizations in your area. ❖