Children Act Fast, So Do Accidents

**National Poison Prevention Week** is March 15–21, 2015 and there is no better time to think about your laundry routine. Make it a habit to always store liquid laundry packets out of reach and sight of children to prevent injury and in their original package until you are ready to use them.

**WARNING!** Children are curious and whether you want them to or not, tend to put all sorts of different things in their mouths. Food, rattles, toys, teethers — you name it. And even some things they shouldn’t. Serious harm including accidental ingestion and eye exposure can occur if children get their hands on liquid laundry packets. Each laundry packet contains highly concentrated detergent and can cause serious injury if they end up in the hands and mouths of children.

Parents know children act fast which is exactly why it is essential to get in the habit of always storing liquid laundry packets along with all other household cleaning products in a safe place out of reach and sight of children. And, always remember to keep laundry packets in their original package until they are ready to be used. Liquid laundry packet accidents are more common than you think. In 2013, there were over 10,000 laundry packet exposures in children five and younger. Protect your children. Here’s how:

- Do not let children handle laundry packets.
- Do not purchase pull packets apart.
- Store out of child’s sight and reach.

Packets quickly dissolve upon contact with water, wet hands, or saliva. Packets can rupture, releasing contents into eyes.

**FREE Community Tax Preparation for Low- and Moderate-Income Individuals and Families**

Lincoln’s Volunteer Income Tax Assistance (VITA) program provides free tax preparation services to low- and moderate-income individuals and families living in Lancaster and Saunders Counties. The program includes both state and federal electronic filing.

The tax services are available at specific times and dates through April 15 at the following sites in Lincoln:

- Community Action
- Nebraska East Union
- Jackie Gaughan Multicultural Center
- Raymond Women’s Club
- Southeast Community College
- Anderson Library
- Asian Community and Cultural Center
- Bennett Martin Library
- North Star High School Media Center
- Good Neighbor Center
- Indian Center

For the 2015 VITA schedule and list of what to bring to have your taxes prepared, go to https://communityactionnetwork.org/proscheva-set/programs/community/services.html or call 402-471-4515.

Community Action leads VITA in partnership with the Nebraska Earned Income Tax Credit (EITC) Coalition and University of Nebraska-Lincoln. VITA’s volunteer tax preparers are thoroughly trained on tax law and have vast knowledge of the Earned Income Tax Credit (EITC) and other credits designed to put a bigger refund into the hands of taxpayers. In the 2014 tax season, VITA volunteers prepared over 5,000 returns returning $6.2 million to taxpayers in our community.

**AARP Driver Safety Program, March 13**

An AARP Smart Driver™ course will be presented in Lincoln as a 4-hour session on Friday, March 13, 9 a.m.–1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. A certified AARP instructor will teach the driving skills that make drivers safer.

This is a new, research-based Smart Driver class for older adults, extending strategies refined from previous versions. Sign up for the class by calling 402-441-7180.

Those attending are encouraged to arrive a few minutes early to complete check-in and registrations procedures. Cost is $15 for AARP members and $20 for non-members, payable at the door. Payment by check or cash is required (the exact amount is helpful) — credit/debit cards are not accepted. All participants must bring their driver’s license and AARP members are required to also bring their ID card and number.

In this class you will learn driving strategies which encourage confidence and safe driving, including:

- Defensive driving techniques,
- new traffic laws and rules of the road,
- how to deal with aggressive drivers,
- techniques to safely handle driving situations, such as left turns, right-of-ways, blind spots and
- how to make the best use of safety features found in most automobiles.

There is no test. Course participants may be eligible to receive an insurance discount from your company — consult your insurance agent for further details. For more information about the course, call 1-888-227-7669 or go to www.aarpdriversafety.org.

**Radon in Your Home**

Radon is a naturally occurring, radioactive gas that can enter your home. It is a serious health threat and can cause lung cancer. In Nebraska, the Department of Health and Human Services (DHHS) Radon Program provides a test kit from Dr. Susanna von Essen through the University of Nebraska, but does not endorse one manufacturer/laboratory over another. They have tried to ensure all the information is accurate, however you should confirm the pricing prior to purchase.

- **AccuStar** — To order a discounted short-term test kit from AccuStar, call 800-523-4964 and mention “Nebraska.”
- **Alpha Energy Laboratories** — To order a discounted short- or long-term test kit from Air Chek, Inc., visit www.radon.com/nebraska.
- **Air Chek, Inc.** — To order a discounted short- or long-term test kit from Air Chek, Inc., visit www.airchek.com.
- **Beta Energy Laboratories** — To order a discounted long-term test kit from Alpha Energy, visit http://betaenergy.com/nebraska.

Radon test kits can often be found at local hardware stores or home centers, as well. For more information about radon, go to the DHHS website at http://dhhs.ne.gov/publichealth/Pages/ra...ndex.aspx.

**StateRadon**

**Home Hazards, Health and Human Relationships Seminar, March 5**

A free seminar, “Home Hazards, Health and Human Relationships” is designed for child care professionals, parents, grandparents, community professionals and UNL students. It will be Thursday, March 5, 1–3 p.m. in the Great Plains Room, University of Nebraska–Lincoln East Campus Union.

The seminar will be presented by expert speakers Dr. Joe Ponessa, professor emeritus, Rutgers University; and Dr. Susanna von Essen, professor, University of Nebraska Medical Center. Dr. Julia Tongquist, professor, UNL College of Education and Human Sciences, will moderate the seminar.

The purpose of the seminar is to draw the connection between environment and individual and family functioning. Dr. Ponessa and Dr. Susanna von Essen will focus on health hazards found in homes, schools and work settings as well as the effect they have on children’s learning.

For additional information and to RSVP, go to http://coeh.unl.edu.

Pre-registration is due March 6 for more information, call 402-441-7180 or go to http://lancaster.unl.edu/family

Pre-registration is due March 6

In-service hours will be given for this conference. This conference is approved through the Nebraska Department of Education.