

# Pointers For Parents

## Tips On Fighting Playground Infections

(NAPSA)—There's good news for parents who want to do more to help keep their family healthier. There are simple, practical steps they can take to help fight and prevent common infections.

According to the Centers for Disease Control and Prevention's National Center for Injury Prevention and Control, more than 200,000 children ages 14 and younger are treated for playground-related injuries annually.

Having first-aid essentials on hand, both in and outside your home, will help you be better prepared. Here are some tips:

### Steps to Better Healing

Even the most minor cuts and scrapes can be easily contaminated with dirt and germs, which can lead to painful infections.

To properly treat minor wounds, always be sure to follow these simple steps:

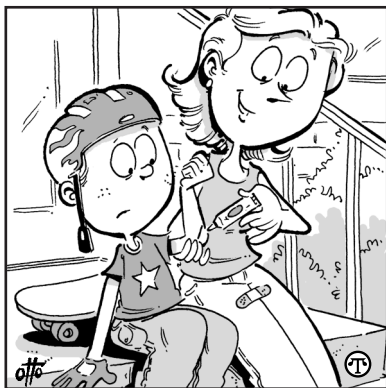
- **Clean:** Thoroughly clean the affected area with mild soap and water.

- **Coat:** Treat your wound with long-lasting infection protection such as NEOSPORIN First Aid Antibiotic Ointment. Studies show that using this kind of ointment and a bandage helps heal minor wounds faster than with a bandage alone.

- **Cover:** Protect the wound from further damage by covering it with a bandage.

### Preventing Injuries on the Playground

According to the U.S. Consumer Product Safety Commission, more than three-quarters of school-related injuries occur on public playground equipment. Many of these injuries can be pre-



**To properly treat minor wounds and prevent infection, follow the Three Cs: Clean, Coat and Cover.**

vented by following these simple rules:

- Supervise children at all times.
- Establish rules about behavior.
- Ensure that children are playing with children in the same age range and with age-appropriate playground equipment.

When minor injuries do happen outside the home, have on-hand bandages and a topical antibiotic or antiseptic spray.

### Expired Medicine Cabinet

Medicine cabinets should be stocked with up-to-date first-aid supplies. Unfortunately, they often become a wasteland of expired products that may lose their potency over time.

Consider organizing your medicine cabinet shelves according to the product's shelf life, grouping together products based on the expiration dates. Check all dates regularly and restock as necessary.

For more information, visit [www.neosporin.com](http://www.neosporin.com).