



A non-profit community health center established in 1971 to ensure that Asian Americans in New York City have access to quality health care.

6 WAYS TO PREVENT CHILD INJURY AT HOME

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Accidental injuries are the leading cause of death among children ages 1 to 19 years old. Each year, about 8.7 million children visit the emergency room for unintentional injuries. Many of these injuries happen at home. Common causes include falls, burns, drowning, and poisoning.

The good news is that most accidents can be prevented. Take action at home to protect your child.

1 Avoid use of baby walkers.
They allow infants to move quickly and reach objects that are normally not accessible.

2 Secure furniture and TVs to the wall or ground to prevent them from falling.
Your child climbing onto unstable furniture can cause serious injury and even death.

3 Don't hold your child while using the stove.
Only use the back burner of your stove and turn handles away from the edge. Keep hot foods away from the edge of tables and counters.

4 Make sure your child is buckled into highchairs.
The tray is not enough to restrain your child.

5 Label medications and store them in locked cabinets.
If you keep cleaning solutions under the sink, have a child safety lock on the cabinet door.

6 Never leave your child alone around water.
Babies can drown in just 1 inch of water. Keep young children within an arm's reach. Empty the tub as soon as bath time is over.

TRY FRUITS AND VEGGIES THAT ARE IN SEASON

Spring and summer bring an abundance of bright fruits and vegetables:



Tomatoes



Watermelon



Bell peppers



Lychee



Bok choy

Seasonal produce is fresher and often cheaper. Check out a farmers market or neighborhood street vendors for the best local finds. Produce from local markets travel less distance and have fewer negative effects on the environment.

Make grocery shopping a family outing and teach your kids about the importance of eating fruits and veggies. Eating in season is better for your taste buds, wallet, and the earth.



WATERMELON AND LIME ICE POPS

MAKES 8 ICE POPS

What you need:

- 4 cups cubed watermelon (about 1 pound, no skin)
- 1 tablespoon freshly squeezed lime juice
- Ice pop molds or small paper cups

Blend the watermelon and lime juice until smooth. Pour the mixture into the molds or cups. Freeze until solid.

TIP

- Aim for 5 servings or 2 ½ cups of fruits and vegetables per day.
- A serving is about the size of your fist.

WE ARE HERE TO SERVE EVERYONE

Our friendly and helpful staff is committed to providing compassionate and high-quality care to you and your family regardless of your immigration history or ability to pay.

We believe that health care is a basic right and everyone should receive care when they are in need.

Make an appointment today at any of our 4 sites in Manhattan and Queens.



“ *I am a single, immigrant mother on Medicaid, and was looking for quality health care for my 8 year old son, and 6 month old infant who was born with numerous special needs. I heard about the CBWCHC through my friend, and I was referred to the warm and helpful social workers. I recently found out I had a brain tumor and needed surgery to remove it.*

The social worker was very dedicated as she joined me to tour options for child care so that I knew my children will be taken care of during my surgery and recovery time. She also helped prioritize my needs. The surgery was successful and I go to my follow-up appointments including making sure my child goes to his regular specialty care appointments. ”

– Ms. Li, 36 years old,
Internal Medicine Patient

PRENATAL CARE KEEPS YOU AND YOUR BABY HEALTHY

A healthy pregnancy begins with early prenatal care. If you know or think you are pregnant, schedule a doctor's visit. See your doctor on a regular basis to ensure your and your baby's health.

The Health Center has a team of doctors, nurses, nutritionists, health educators, social workers, and other professionals at your service. They will work together to monitor your health and support you at every step—from conception to birth and beyond.



**STAY HEALTHY.
GET A CHECKUP.
MAKE AN
APPOINTMENT!**

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Join us! Your generosity can help us provide quality health services to our community. To support us, send a check to Charles B. Wang Community Health Center, 268 Canal Street, New York, NY 10013 or visit www.cbwchc.org. Donations are deductible to the extent allowed by law.