

Tips to Stay Safe During Winter Sports and Activities

Adapted from Healthy Children



Ice Skating

- Allow children to skate only on approved surfaces. Check for signs posted by local police or recreation departments, or call your local police department to find out which areas have been approved.
- Skate in the same direction as the crowd
- Don't chew gum or eat candy while skating
- Consider having your child wear a helmet, knee pads and elbow pads, especially while learning to skate to keep them safe.

Sledding

- Keep sledders away from motor vehicles.
- Keep young children separated from older children.
- Sledding feet first or sitting up, instead of lying down head-first, may prevent head injuries.

- Consider having your child wear a helmet while sledding.
- Sled slopes should be free of obstructions like trees or fences, be covered in snow (not ice), not be too steep (slope of less than 30°), and end with a flat runoff.

Snow skiing and snowboarding

- Children should be taught to ski or snowboard by a qualified instructor in a program designed for children.
- Young children should always be supervised by an adult. Older children's need for adult supervision depends on their maturity and skill. If older children are not with an adult, they should always at least be accompanied by a friend.
- All skiers and snowboarders should wear helmets.
- Slopes should fit the ability and experience of the skier or snowboarder.
- Avoid skiing in areas with trees and other obstacles.

Snowmobiling

- The AAP recommends that children under age 16 not operate snowmobiles and that children under age 6 never ride on snowmobiles.
- Do not use a snowmobile to pull a sled or skiers.
- Travel at safe speeds.

COVID, Flu & RSV: How Are These Respiratory Illnesses Different?

Adapted from Health Children from AAP

The viruses that cause four common childhood illnesses—COVID, flu, the common cold and respiratory syncytial virus (RSV) can be confusing. All of them share some similar symptoms. This can make it hard to tell them apart. Here are some clues that help your pediatrician figure out what kind of respiratory illness is making your child sick.





COVID-19, Flu, RSV or a Cold?

Check your child's symptoms



How To Tell Them Apart

Common symptoms of all four illnesses include fever, cough, fatigue, stuffy, runny nose and congestion. Some symptoms that may be different include:

Illness	Sudden loss of taste or smell	Headache	Loss of appetite	Sore throat	Sneezing
 COVID-19	✓	✓	✓	✓	
 Flu		✓	✓	✓	✓
 Cold				✓	✓
 Respiratory syncytial virus (RSV)					✓

Call your pediatrician if your child has any of the following symptoms:

- Rapid breathing, flaring nostrils, wheezing and grunting
- Shortness of breath/difficulty breathing
- Chest caving in with each breath
- Very ill or drowsy
- Poor feeding
- Dehydration
- Vomiting for more than 24 hours
- Bloody diarrhea
- Fever:
 - above 104°F in any child
 - above 100.4°F if child is under 2 months old
 - above 103°F for more than 24 hours

Car Seat Corner

Question: Which is the safest car seat?

Answer: This is a bit of a trick question.

All car seat in the United States must pass the same federally established standard for testing.

It all boils down to how the seat fits in your vehicle and how your child fits in the seat. The safest seat is the one that fits your child, fits your vehicle and is installed correctly by you every time.



If you have concerns if your seat is installed correctly, visit clickit.utah.gov for an inspection station near you. Or call Primary Children's at 801-662-6583 to ask questions or set up a virtual or in-person car seat check.