

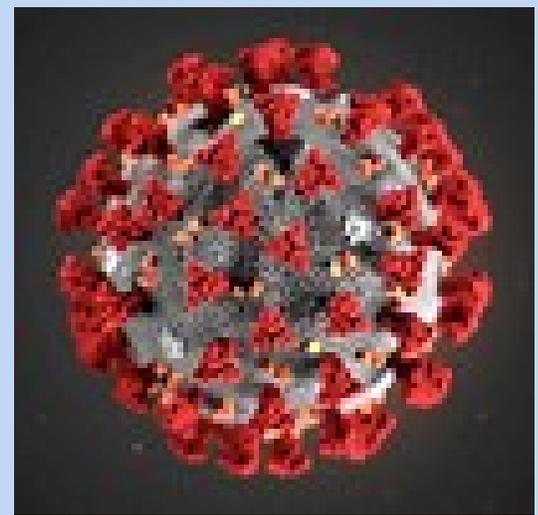
## NEWSLETTER

# INJURY PREVENTION



## COVID-19 & INJURIES

The Injury Prevention Newsletter is created by Injury Prevention Coordinators from across the state of North Carolina to bring resources to North Carolinians about injury prevention. The quarterly interactive newsletter will cover many injury prevention topics. Our first edition is focused on the risks for injury while we are social distancing for [COVID-19](#). Click the links for information on suicide and abuse prevention, risky drinking, gun safety, and falls prevention. Remember to practice good hand hygiene, cough etiquette, and safe distances!



### Coping with COVID-19

<b>Take breaks from the news</b>	<b>Take care of your body</b>
<b>Make time to unwind</b>	<b>Connect with others</b>
<b>Set goals and priorities</b>	<b>Focus on the facts</b>

## SUICIDE PREVENTION

The mental stress and anxiety of Covid-19 has led to a rise in suicides and suicidal thoughts and behaviors. Utilize the resources below to help yourself, family and friends:

- [Emotional Wellbeing Checklist During the Corona Virus](#)
- [Warning Signs of Suicidal Behavior](#)
- [The National Suicide Hotline](#)
- [NIMH: Coping with Covid-19](#)



[Suicide Prevention During the Pandemic Podcast](#)

# FIREARM SAFETY & STORAGE

Concerns over COVID-19 have caused people to flood grocery stores to stockpile essential items. Among industries feeling the surge is the gun industries. With more children home and a spike in gun sales, now more than ever is the time to consider firearm safety and safe storage.

About 4.6 million children in America live in homes with unsecured firearms. Every day in America, 8 children and teens are unintentionally injured or killed due to [Family Fire](#), which is a shooting involving an improperly stored or misused gun in the home that results in death or injury. Because of COVID-19 and social distancing, millions of children and family members are spending increased time at home, which means they're in closer proximity to firearms.

Safe storage is the most important responsibility of every gun owner.



<https://www.youtube.com/watch?v=63lp-SrUoIQ>



<https://www.youtube.com/watch?v=xoiVARKWvTg>



## POSITIVE FAMILIES

Stay-at-home orders are made to protect you, but what happens when home isn't safe?

Being cooped up and worried about COVID-19, facing job and income loss, home schooling, and not being able to get basic supplies can raise anxiety. This puts some family members at risk for abuse, neglect, or sexual assault.

If you find yourself in insecure situations with your partner or family member, know that there are places that can help.

[THEHOTLINE.ORG](https://www.thehotline.org)  
1-800-799-SAFE(7233)  
[LOVEISRESPECT.ORG](https://www.loveisrespect.org)  
1-866-331-9474  
TEXT LOVEIS to 22522

[NC Coalition Against Domestic Violence](https://www.nccoalition.org)  
[Healthy Children](#)  
[CDC - Coronavirus](#)  
[CDC - Self Care](#)  
[Tips in Other Languages](#)

## POSITIVE CONNECTIONS

Things to do with your kids

- Address children's fears
- Use time outs
- Redirect behaviors
- Offer comfort and soothing
- Praise positive behaviors and success
- Know when to brush off behaviors and when to address
- Provide uninterrupted quality time
- Role model positive friendships and connections
- Practice self-love and self-care



## EXERCISE

- [National Institute on Aging at NIH](#)- Free workout videos for seniors
- [National Center on Health, Physical Activity and Disability](#)- Free workout videos for differing abilities
- [Local Senior Center](#)- Some offer online workouts, activities, and other resources
- [UNC Trauma Talk](#)- Podcast with helpful tips to keep seniors safe while social distancing, including ideas for exercise



## HOME SAFETY

- [CDC STEADI](#) Check for Safety home checklist



## COVID-19 - ALCOHOL & YOUR HEALTH

The Coronavirus Pandemic has presented new and unique challenges for the entire world. During these difficult times, it is important to take into consideration the impact alcohol use has on your health.....for the full article visit [www.RethinkingDrinking.niaaa.nih.gov](http://www.RethinkingDrinking.niaaa.nih.gov) [[rethinkingdrinking.niaaa.nih.gov](http://rethinkingdrinking.niaaa.nih.gov)]



## PREVENT SENIOR FALLS

During this time of social distancing, it can be challenging to ensure the health and safety of our older adults. While necessary, social distancing can reduce exercise and increase social isolation among seniors, leading to an increased risk of falls. To the left are links to resources that can be helpful for preventing falls among seniors to keep them safe and out of the emergency room.

## SOCIAL CONNECTION

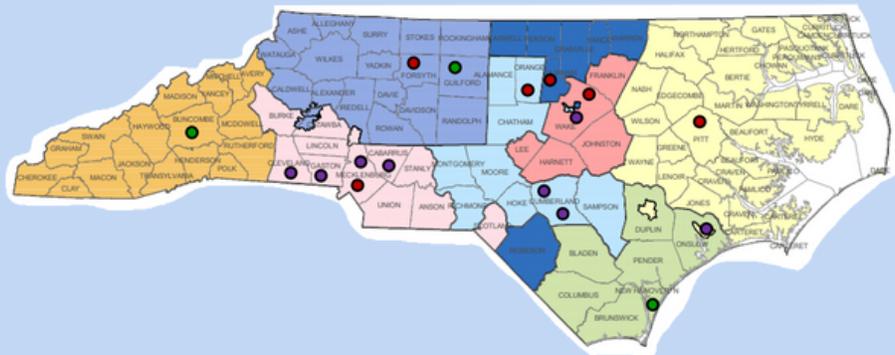
- [National Council on Aging](#)- Staying Connected While Staying at Home
- [Coalition to End Social Isolation & Loneliness](#)
- [Institute on Aging's Friendship Line](#)- 800-971-0016:



## SPANISH RESOURCES

- **NCOA**- [Coronavirus: Lo que los adultos mayores necesitan saber](#)
- **Kids Health** - <https://kidshealth.org/es/kids/gun-safety-esp.html?WT.ac=pairedLink>
- [Nacional de Prevencion del Suicidio](#)
- **Prevención de Caídas**- <https://www.mayoclinic.org/es-es/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358>
- **Salud Mental**- <https://espanol.cdc.gov/enes/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- **Recursos para los Padres**- <https://childmind.org/enfrentar-el-covid-19-recursos-para-padres/>
- **Como Apoyar a los Niños en la Crisis del Covid-19**- <https://childmind.org/article/como-apoyar-a-los-ninos-en-la-crisis-del-covid-19/>

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