

## KIDS' HEALTH &amp; SAFETY

## Kids' Health Quiz | Test Your Knowledge

## TRUE OR FALSE?

**Parents should start cleaning their child's teeth as soon as the first tooth appears.**

True. As soon as the first tooth appears, wipe teeth every day with a clean, damp cloth. Switch to a small, soft toothbrush as more teeth come in.

**Children younger than 6 years should use enough toothpaste with fluoride to cover the toothbrush.**

False. Young children should use only a pea-sized amount of fluoride toothpaste. Fluoride is important for fighting cavities, however, if children younger than 6 years swallow too much fluoride, their permanent teeth may have white spots.

**For babies under 6 months of age, sunscreen is the best defense against sunburn.**

False. Your baby's best defense against sunburn is avoiding the sun or staying in the shade. However, according to the American Academy of Pediatrics, sunscreen use on babies less than 6 months old is not harmful on small areas of a baby's skin, such as the face and back of the hands.

**Birth defects are the leading cause of death in children and adolescents.**

False. Most deaths among children and adolescents aged 5–19 years are from the following injury-related causes: motor vehicle crashes, all other unintentional injuries, homicide and suicide. Highly associated with these injuries are certain adolescent behaviors, such as physical fights, carrying weapons and not using seatbelts.

**Vaccines protect children against 9 potentially serious diseases.**

False. Vaccines protect against 12 potentially serious diseases: measles, mumps, rubella (German measles), diphtheria, tetanus (lockjaw), pertussis (whooping cough), polio, Haemophilus influenzae type b (Hib disease), hepatitis B, varicella (chickenpox), hepatitis A and pneumococcal disease. At least one shot is needed for each of these diseases and for some of them several doses are required for the best protection. Studies have shown vaccinations are just as safe and effective when given

together as they are when given separately. The immune system is exposed to many foreign substances every day and will not be overburdened by vaccines.

**Kids should wash their hands by vigorously rubbing them together for 20 seconds to remove germs.**

True. By the way, it's not just for kids! Everyone should wash their hands for 20 seconds (or about the length of a little tune) to remove germs. It is the soap combined with the scrubbing action that helps dislodge and remove germs. Rinse well and dry your hands. Wash your hands before, during and after you prepare food, before you eat, after you use the bathroom, after handling animals or animal waste, when your hands are dirty and more frequently when someone in your home is sick.

**Children should get at least 20 to 30 minutes of physical activity on all or most days of the week.**

False. It is recommended that children and adolescents participate in at least 60 minutes of moderate intensity physical activity most, preferably all, days of the week.

**A parent or other family member's attitude about tobacco influences a teen's likelihood to try tobacco products.**

True. Research suggests that parental attitude is very important. If a parent is indifferent or permissive toward the issue of tobacco use, a teenager's likelihood of smoking increases. The value a parent places on a tobacco-free lifestyle, regardless of whether a parent uses tobacco, carries significant weight. If a child believes his or her parents would be upset if he or she smoked, the child is less likely to smoke, even if both parents smoke.

**By the age of 20, the average woman has acquired most of her skeletal mass.**

True. It is important for young girls to reach their peak bone mass in order to maintain bone health throughout life. A person with high bone mass as a young adult will be more likely to have a higher bone mass later in life. Not getting enough calcium or exercise early on could result in a failure to achieve peak bone mass.

— Adapted from Centers for Disease Control and Prevention