

# HEALTH AWARENESS



A COUNTY HEALTH  
POOL PUBLICATION

December 2022

## NATIONAL SAFE TOYS AND GIFTS MONTH



**D**id you know that about 198,000 children were treated in the ER for toy-related injuries in 2020? According to the U.S. Consumer Product Safety Commission (CPSC), there were nine toy-related deaths in 2020. Three fatalities involved a balloon and one fatality involved a rubber ball, due to airway obstruction. Other fatalities involved a stuffed toy in an unsafe sleep environment, choking or inhalation on small parts of a toy, and suffocation in a toy chest. The month of December is National Safe Toys and Gifts Month to help bring awareness to the dangers some toys can present.

### BALLOONS

Discard broken balloons immediately. Children can choke or suffocate on deflated or broken balloons. Balloons can be especially dangerous for children younger than eight years old. If a balloon pops while a child is blowing it up, the balloon can be inhaled or cause choking.

### TOYS WITH SMALL PARTS

Children younger than age three can choke on small balls and toys with small parts. To test a toy or its pieces for safety, use a toilet paper tube. If it fits inside the tube, it doesn't pass the test.

### SCOOTERS AND RIDING TOYS

Riding toys, skateboards, and in-line skates move quickly and have the potential to cause injury or even deadly falls. Insist that your children wear safety straps (if provided) and additional protective gear and helmets. Be sure that gear and helmets are properly sized to fit a child's smaller frame. If your child is young, make sure he or she can sit up in the riding toy without being supported.

### MAGNETS

High-powered magnet sets (like desk accessories and stress relief games) are hazardous if swallowed.

*(Article is continued on reverse side.)*

Magnet toys should be kept away from children of all ages, whether the manufacturer's intended market is adults or children.

## GIFT-OPENING

Throw away the plastic wrapping and toy packaging immediately. Keep older children's toys away from younger children to avoid accidents.

## BATTERIES

Supervise the charging of battery-operated toys. Chargers and adapters can pose thermal burn hazards to young children. Thoroughly read instructions and warnings on battery chargers before charging.

## TOY STORAGE

Toys can also hurt adults. Slips, trips, and falls can and do occur. Make a rule that toys be picked up after playtime has ended. For children under eight, store toys on children-accessible open shelves. If you use a chest with a lid, be sure the chest has hinge supports to keep the lid from falling on a child. A chest with a removable lid is a potential trap for a child. A safe toy chest will also include air vents in case a child does get trapped.

## TOY SAFETY

The CPSC has created a robust toy safety system by requiring testing by independent, third-party testing laboratories worldwide. CPSC enforces stringent lead and phthalates limits for toys and imposes some of the world's most stringent toy standards; however, keeping children safe requires more than the CPSC's efforts. Parents must be aware of the danger from some common toys.

## BENEFITS CORNER



## DEDUCTIBLES RESET & NEW ID CARDS ISSUED ONLY FOR ENROLLMENT CHANGES

A new year means insurance deductibles reset. All deductibles and out-of-pocket maximums for medical, prescriptions, and dental start new effective January 1, 2023. Vision coverage deductibles are based on 365 days and not the calendar year.

As a reminder, you will only receive a new ID card for your health insurance plan in 2023 if you made changes to your benefits and/or enrollment. Your current card is still valid for 2023. However, if you lose a card or need additional cards you may request them from Anthem by calling Anthem Customer Services at 866 698 0087 or by going online to [www.anthem.com](http://www.anthem.com).

You also have the option of downloading the Anthem Anywhere App to your smart phone. Once you set up your account on the app, you can pull up a digital version of your ID card. You may also contact your County Health Pool Benefits Administrator for assistance with getting a new ID card.

As always, CTSI staff is here to assist you with your health, dental, vision, or life insurance coverage. You can reach us at 303 861 0507.



County Technical Services, Inc.

800 N Grant St, Suite 400  
Denver, CO 80203

*Past issues of Health Awareness are available online at [ctsi.org](http://ctsi.org)*

(303) 861-0507  
Fax: (303) 861-2832