

ZERO PROOF

SPRING/SUMMER 2020

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PARENT POINTERS-

Resources to
Help Young Children
Understand the
Corona Virus
Pandemic

AVOID
Risky Driving by
AVOIDING
ALCOHOL

STAYING HEALTHY
WHILE STAYING
HOME

Stop Germs! Wash Your Hands.
CDC FACT SHEET

New Mexico DEPARTMENT OF
TRANSPORTATION
MOBILITY FOR EVERYONE

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AVOID Risky Driving by **AVOIDING ALCOHOL**

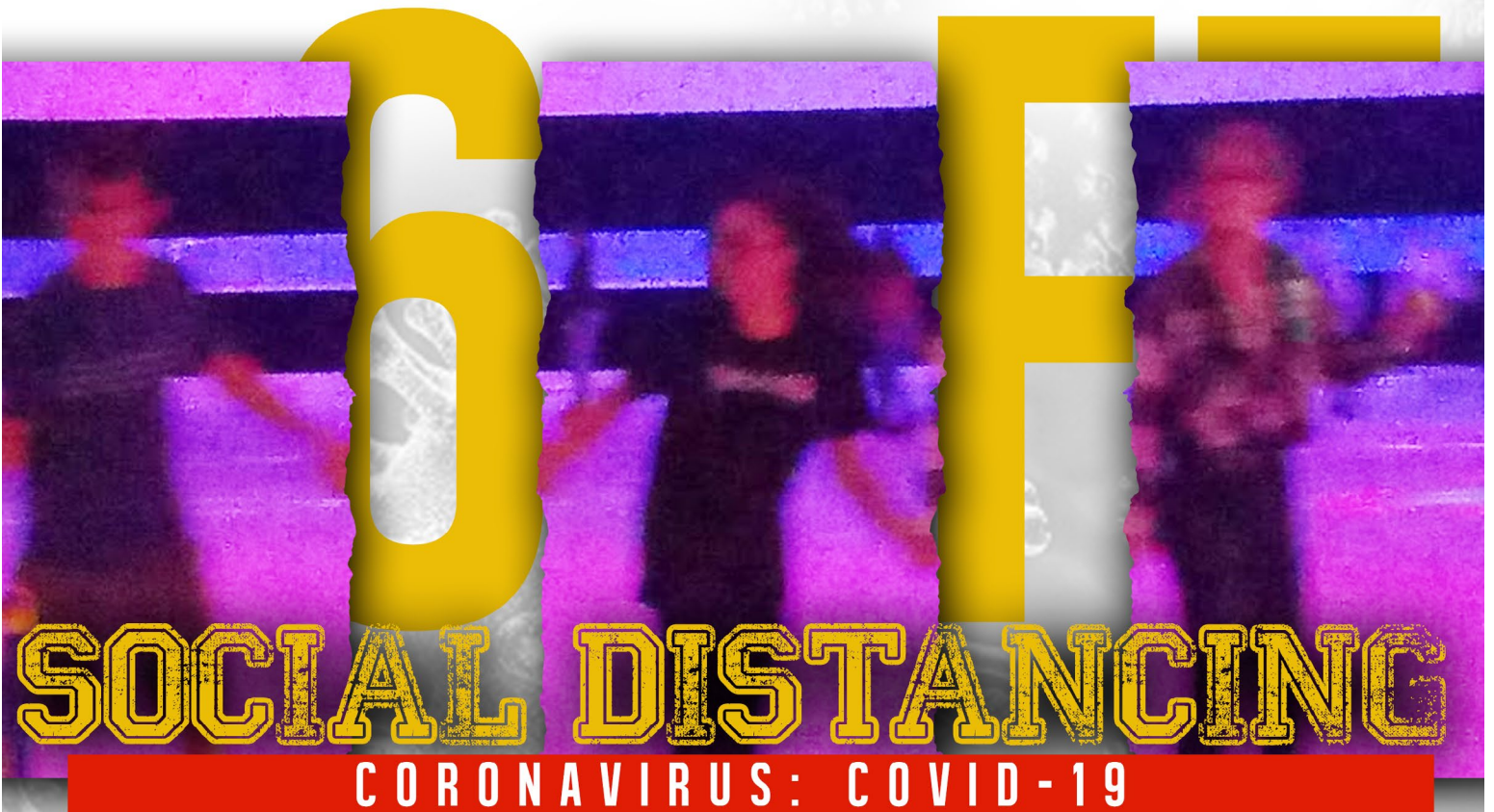
[SOURCE: CDC.GOV/VITALSIGNS/TEENDRINKINGANDDRIVING/INDEX.HTML](http://CDC.GOV/VITALSIGNS/TEENDRINKINGANDDRIVING/INDEX.HTML)

According to the Centers for Disease Control and Prevention, the percentage of teens in high school, ages 16 years or older, who drink and drive has decreased by more than half since 1991. Still, high school teens drive after drinking 2.4 million times a month.

Additionally, Drivers under the age of 21 represent about 10% of licensed drivers in the U.S. but are responsible for 17% of fatal alcohol-involved crashes. Those are some sobering statistics given that these drivers can't even legally purchase alcohol.

Clearly, there is a lot of work to do to keep new drivers – and experienced drivers – safer on the road. As a new driver, yourself, here are some things you can choose to do:

- Choose to NEVER drink and drive.
- Refuse to ride in a car with any driver who has been drinking.
- Know and follow New Mexico's Graduated Drivers License laws.
- Follow "rules of the road"
- Consider creating a parent-teen driving agreement. One that includes a way for you to always get home safely, no questions asked.
- Wear a seat belt on every trip, no matter how short.
- Obey speed limits at all times.
- Never use a cell phone or text while driving.



Parent Pointers: Resources to Help Young Children Understand the Corona Virus Pandemic

SOURCE: [HTTPS://THEKIDSHOULDEETHIS.COM/POST/CORONAVIRUS-COVID-19-SOCIAL-DISTANCING-SOAP-PANDEMIC](https://thekidshouldseethis.com/post/coronavirus-covid-19-social-distancing-soap-pandemic)

School is out, playdates are canceled, and suddenly you're both the parent and the teacher. You're likely facing some tough challenges – like explaining what is happening in the world now, and why they can't go to school or see their friends. To help you bridge the gap, the website "The Kid Should See This" (TKSST) offers an unprecedented collection of 4,500+ kid-friendly videos, curated for teachers and parents who want to share smarter, more meaningful media in the classroom and at home. The best part – it's free for everyone.

Visit thekidshouldseethis.com for a variety of interesting material for your kids, including a kid-friendly explanation for why everyone is staying home, excellent (not scary) podcasts for understanding how germs spread, and activities like making soap powered boats, proper hand washing and A LOT more – art, technology, music, science, etc.!



STAYING HEALTHY **HOME**

WHILE STAYING

SOURCES: [HTTPS://WWW.CNBC.COM/2020/03/20/CORONAVIRUS-TIPS-FOR-PROTECTING-YOUR-MENTAL-HEALTH-DURING-QUARANTINE.HTML](https://www.cnbc.com/2020/03/20/coronavirus-tips-for-protecting-your-mental-health-during-quarantine.html) AND [HTTPS://WWW.CDC.GOV/HANDWASHING/PDF/WASH-YOUR-HANDS-FACT-SHEET-508.PDF](https://www.cdc.gov/handwashing/pdf/wash-your-hands-fact-sheet-508.pdf)



BE CREATIVE TO STAY HAPPY AND HEALTHY

School has been canceled for the rest of the year, you can't see your friends, and everyone is staying home. But why? A new highly contagious virus is making a lot of people really sick. It's best right now to keep our distance from other people to prevent ourselves from getting sick and to prevent spreading the sickness to others. But there are some things you can do to help keep yourself and your family healthy – physically and mentally -- while you stay home.

CREATE A ROUTINE

Change out of your pajamas, shower and make a to-do of all the things you want to achieve each day to create a sense of normality and productivity. Have a parent help you create a routine.

BREAK UP YOUR DAY

Find tasks to break up your day and, where possible, change your environment for different activities. School work at the kitchen table, games and fun in the living room, outdoors for exercise.

TAKE CARE OF YOUR BODY

Eat healthily, get plenty of sleep and exercise daily. That could include conducting indoor or outdoor activities, stretching, and getting in some quiet time for yourself.

STAY CONNECTED

Make the most of technology and stay in touch with friends and family via phone calls, texts, and social media.

FIGHT BOREDOM

Make the most of catching up TV series, reading and exploring projects you have been putting off to beat boredom and stay mentally active.

LIMIT MEDIA INTAKE

Stay informed about the situation by reading or asking your parents about current events, but limit your news and social media intake to avoid feeling overwhelmed. If you feel scared or worried, it's ok. Tell a parent or a friend how you're feeling.

Finally, be sure to wash your hands to help keep yourself and others healthy. This handout from the Center for Disease Control and Prevention will help you make sure you know when and how to wash properly.

Stop Germs! Wash Your Hands.
CDC FACT SHEET next page

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



CS310027-A