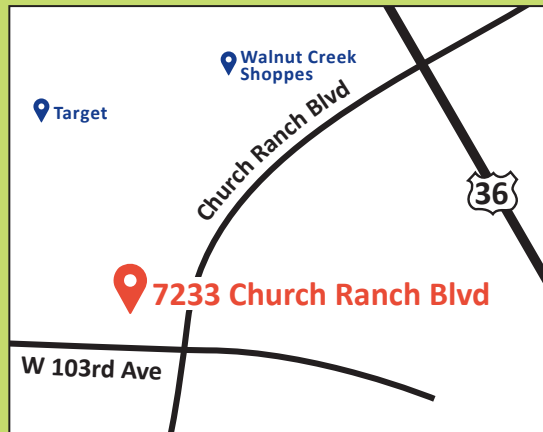


Our full-service emergency room stands ready to treat any major injury or illness.

- Open 24/7
- Board-certified emergency doctors
- No appointments needed
- Short wait times

Call **303-925-4420** or visit www.myemergencycontact.org

Our address:
7233 Church Ranch Blvd.
Westminster, CO 80021



Portercare Adventist Health System



7233 Church Ranch Boulevard
Westminster, CO 80021

Partner Up for Summer Safety.

The doctors at Centura Health Emergency Center at Church Ranch want you and your little pioneers to stay safe all season long.

Centura Health Emergency Center at Church Ranch





Bicycling injuries, burns, and swimming accidents are some of the most common summertime child injuries.

Here's what you need to know to keep your family safe:

Bike Safety Tips

- Keep young riders on the sidewalk or a bike path. It can be hard for kids to judge the speed and distance of cars until age 10.
- Always wear a helmet. They can reduce the risk of a head injury by 45 percent.
- Stop at the corners of sidewalks and streets to look for traffic.
- Be visible. Wear bright clothes and use headlights and reflectors.

Outdoor Cooking

- Create a kid-free zone that extends at least three feet from the fire on all sides.
- Do not leave the grill unattended.
- Keep charcoal lighters out of reach of children.
- Never use gasoline on any grill.

Campfire Safety

- Use a designated fire pit.
- Safety proof your pit by clearing out any debris in or around it.
- Make sure an adult always has an eye on the fire.
- Keep water or a fire extinguisher on hand.



Swimming

- Teach young children to never go near the water without an adult present.
- Children who are learning to swim should always be within reach.
- Keep a phone near you to call for help if there is an emergency, but don't be distracted by phone calls, text messages or email.
- Learn CPR.

The Centura Health Emergency Center at Church Ranch wishes you a safe and healthy summer. Just know — we're in your neighborhood if you need us.

24/7 Emergency Care in Your Neighborhood

Centura Health Emergency Center
at Church Ranch

 Centura Health.

7233 Church Ranch Blvd
Westminster, CO 80021
303-925-4420

www.myemergencycontact.org



We are part of Centura Health, the region's leading health care network.

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