

The Palmdale Sheriff Station designates October as Child Safety month

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Child Safety Month-Safe Driving Tips for Teenage Drivers *October 29th*

According to the Department of Motor Vehicles (DMV), teenage drivers account for more auto accidents than any other age group. If you are a parent of a teen driver, here are some safety tips for your child:

- Do not TEXT or use your cell phone when driving! It is against the law. Many studies indicate when using your cell phone while driving, even using a hands-free phone, is the equivalent to driving drunk.
- Turn on your headlights. By having your headlights on you can increase your visibility and help other drivers see you.
- Always obey the speed limit. Speeding causes 40% of all fatal teen accidents.
- Becoming distracted as a driver is very easy. Eating, drinking, finding a radio station and loud music are just some of things which can distract a driver. These distractions are even worse for an inexperienced driver and increase the odds of becoming involved in a traffic collision.
- Your new driver should drive solo. Having a single teen passenger in the vehicle can double the risk of causing a car accident. For every additional passenger, the risk of an accident increases.
- Practice defensive driving by being aware of traffic ahead, behind and next to you.
- Do not tailgate another vehicle. A good rule to follow is the "two second rule". A driver

should not follow another vehicle less than two seconds behind it. To determine this, the driver should pick a stationary object on the side of the road. When the vehicle directly in front of you passes the object, you should count the seconds it takes for your vehicle to hit the same point. If your count is less than two seconds, you are following too closely.

•If possible, choose a safe vehicle and one with an excellent crash safety record. A vehicle with air bags, anti-lock brakes and electronic stability control are some of the latest safety equipment that should be considered when choosing a vehicle.

Working together as a community, we can educate ourselves and our children on how to become defensive drivers and reduce the risk of traffic collisions. If you would like more detailed information on safe driving tips for teenage drivers, please visit www.dmv.org. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Earthquake Safety Tips *October 28th*

We cannot predict an earthquake but we can be prepared. The most important thing we can do is educate ourselves and our children on what to do in the event of an earthquake. Below are tips that can help reduce the risk of injury or even death in the event the “big one” hits.

-When discussing Earthquake safety tips with your children, keep things in perspective. Every year thousands of earthquakes occur in the United States and the majority are too small to feel or cause any damage.

-In the event of an earthquake show your children where they should be. If they are at

home, have them get under a sturdy piece of furniture, like a dining room table. If they are at school, have them get under their desk or table. Remind children to stay away from unstable furniture, windows, mirrors, and hanging objects.

-So your child is not surprised, explain to your child to expect fire alarms and sprinklers to go off during an earthquake.

-Teach your children the “Duck, Cover and Hold” technique. These three words children need to know in the event of an earthquake. Teach your child to drop down and take cover under a

heavy piece of furniture and hold on to it until the shaking stops. If your child is unable to find furniture, have them duck to the ground near an interior wall, away from windows, while covering their head and neck with their arms.

-Practice makes perfect! Practice earthquake drills and different scenarios with your child.

-Explain to your child gas lines can be damaged during an earthquake and natural gas can be dangerous. If your child smells natural gas have them tell an adult.

-Have enough food and water in your home to last three days.

-Assemble an earthquake emergency kit. Several web-sites offer a variety of earthquake kits.

Working together as a community, we can educate ourselves and our children on how to prevent the risk of injury in the event of an earthquake. If you would like more detailed information on Earthquakes, please visit www.fema.gov. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Every day our children see strangers in stores, parks and in their neighborhoods. Majority of these strangers are good people, but some are not. As a parent you can protect your child from potential predators by teaching them safety tips about strangers and their suspicious behavior.

-We often condition our children to think strangers look scary. This is actually dangerous for our children to think this way. Pretty strangers can be just as hazardous as the not-so-pretty strangers. Teach your child no one can tell by looking at a stranger if they are nice or not. You should teach your child to be careful around ALL strangers.

-Talking to your child about strangers can be difficult and confusing. You want your child to be careful around strangers but in some cases you want your child to ask a stranger for help if they are in trouble. For instance, if your child is being followed by a stranger, the safest thing for them to do in many cases is ask a stranger for help.

-Safe strangers are people your children can ask if they need help. Fireman and police officers are two examples of safe strangers, who are very recognizable in public. Teachers, nurses, principals and Librarians are safe strangers children can trust as well.

-Teach your children if they need help immediately, and if possible, go to a very public place like a restaurant or a grocery store.

-Teach your child the warning signs of a dangerous situation such as an adult asking them to disobey or keep secrets from their parents.

-Teach your child it is OK to say NO. If an adult makes your child feel uncomfortable, teach them it is OK to walk away, scream or yell, even indoors.

-Constantly practice different scenarios with your child so they understand what kind of different situations they can be faced with. The more your child practices, the more confidence they will have in their abilities if they are ever placed in a dangerous situation.

-Know where your children are at all times. Teach them safe places to play and paths to walk. Teach your children to play in numbers; there is safety in numbers.

-The most important safety tip is to teach your children to trust their instincts. Tell them some adults they may know and trust may make them uncomfortable. If this happens teach your child to get away as fast as possible and tell someone. Reassure your child you will always be there for them.

Working together as a community, we can educate ourselves and our children on how to reduce the risk of dangerous situations concerning strangers. If you would like more detailed information on stranger safety tips, please visit www.ncpc.org. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Sudden Infant Death Syndrome *October 26th*

Sudden Infant Death syndrome (SIDS) is when a baby 12 months or younger dies while sleeping with no warning signs or a clear reason. There is no 100% way to prevent SIDS; however there is a lot you can do to lower your baby's risks. Since parents started following the tips below, SIDS cases have dropped 50% in the United States.

-A sleeping baby should always sleep on their back. Once the child reaches 6 months they may begin to roll over on to their stomach. Do not panic, it's ok once the baby knows how to roll over.

-A firm mattress with fitted sheets will prevent smothering or suffocation. All a baby's crib needs is a sheet. Do not put items like blankets, quilts, pillows, toys, stuffed animals or crib bumpers in your baby's crib.

-Do not smoke around your baby. Babies born to women who smoked during their

pregnancy die from SIDS three times more often to women who don't smoke.

-It is extremely dangerous for a baby to sleep in bed with their parents or another child.

The potential for smothering or suffocation is extremely high when parents sleep with their babies. Furthermore, "grown-up" beds have too many hazards for babies, like large soft pillows, loose sheets and blankets.

-According to WebMD, breastfeeding and Immunizing your baby can lower the risk of SIDS by as much as 50%, though experts aren't sure why.

-Researchers are not sure why but putting your baby to sleep with a pacifier may also help prevent SIDS.

-Overheating may raise a baby's risk of SIDS. Do not layer your child with blankets and heavy clothes. The room temperature should be at a level that's comfortable or an adult.

-Do not give honey to a baby under a year old. Honey can lead to botulism in very young children. Researchers believe Botulism and the bacteria that cause it may be linked to SIDS.

Working together as a community, we can educate ourselves on how to reduce the risk of SIDS within our families. If you would like more detailed information on SIDS, please visit www.m.webmd.com. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Pet Safety *October 25th*

In most households, pets are considered a very important part of the family. When introducing an animal into your home, help keep your child safe by following the safety tips

below.

-When considering a dog, know the breed and their disposition. Some breeds tend to bond to one member of the family and become defensive around others.

-Teach your child how to safely approach an animal. Make sure the animal sees the child as well as sniffs the child. Educate your child not to pet an animal while they are eating, sleeping or caring for their young.

-Teach your child not to provoke or tease a strange animal. Majority of animal attacks on children are considered provoked.

-Do not hug an unfamiliar animal, especially around the animal's neck. Always supervise small children around animals.

-If an animal attacks, you may be able to decrease injury by placing an object like a purse, jacket, bike, or anything else that can serve as a barrier between you and the animal.

-Teach your child if they are knocked to the ground, immediately curl into a ball, placing their hands over their ears and lie still until the animal goes away.

-If you decide to own an animal, the animal should remain on a leash at all times when not in a fenced area.

Working together as a community, we can educate ourselves and our children on pet safety. If you would like further information on pet safety, please visit www.kidshealth.org. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Power Outage

October 24th

No matter what time of the year it is, a power outage can occur. Storms, wind, heat, ice and snow are the most common cause of widespread power outages. Below are safety tips that can help you and your family stay safe in the event of a power outage.

- First and foremost, remain calm. It is really important to stay calm in the event of a power outage. If you remain calm, your child will remain calm.
- Every household should have a flashlight and extra batteries accessible in the event of an emergency. Have a flashlight for each child in the house. The child will feel more secure and will think of it as a fun situation instead of a scary situation.
- Never use candles in a power outage or any other emergency situation.
- Make sure you turn off or disconnect any appliances or electronics you were using when the power went out.
- Do not light a fire indoors. Never burn charcoal for heating or cooking indoors. If you're cold, start layering warm clothes.
- Keep the door to the refrigerator and freezer closed as much as possible. By doing this your food will stay fresher longer. Before eating the food check for signs of spoilage.
- If you see a down power line or utility pole, STAY AWAY! Live power lines can serious injury or even death. Call 911 immediately.

Working together as a community, we can educate ourselves and our children on how to handle a power outage. If you would like further information on a power outage, please visit www.911forkids.com. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

At any given time an emergency situation can occur within your home. Teaching your child how to call 911 can save your life or a family member's life, in an event of an emergency. You can start teaching your child how to dial 911 as soon as they can play with a phone. Below are tips that can assist you in teaching your child how to call 911.

- Teach your child when to call 911 and to know their location at the time of the call.
- Teach your child to use the home phone before using a cell phone. When using a home phone your address will automatically be displayed to the 911 dispatcher.
- Teach your child not to hang-up the phone until told to do so. Typically, 911 dispatchers will keep the child on the line until emergency personnel respond.
- Teach your child to remain calm when giving information to the 911 dispatcher.
- Stress to your child how important it is not to make things up. A child may see the dispatcher's questions as a quiz and feel they might let someone down if they don't know the answer. Teach your child to say "I don't know".
- Have your child practice dialing 911 on an unplugged phone. Ask your child questions a dispatcher would ask in an event of an emergency.
- Teach your child when to call 911. Use concepts like, when an adult can't wake up, a fire in the home, or an intruder in the home.
- Stress to your child not to call 911 as a joke. It is a crime in many places and a citation could be issued.

Working together as a community, we can educate ourselves and our children on how to call 911 in the event of an emergency. If you would like further information on teaching your child how to use 911, please visit www.kidshealth.org. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Fire Safety

October 22nd

Having working smoke alarms in your home reduce the chances of dying by nearly 50 percent. According to the National Fire Protection Association (NFPA), almost two-thirds of home fire deaths resulted from fires in properties without working smoke alarms. Below are fire safety tips that can assist you and our family in reducing the risk of injury or death.

- Install smoke alarms on every level of your home and outside every sleeping area and in each bedroom.
- Replace conventional batteries at least once a year. Consider installing a smoke alarm with a 10-year battery life. Smoke alarms expire after 10 years therefore if your smoke alarm is over 10 years-old, you should install new ones.
- Have a plan and practice a home fire escape with at least two ways out of your home in the event of a fire.
- In the event of a fire, leave your house immediately. Once out of your home do not return.
- In the event your child's clothes catch on fire educate them on the "Stop, drop and roll" technique.
- Educate your children on feeling the door and door knob to feel if it is hot. If the door is hot have your children follow the tip below.
- If you are unable escape your room, keep smoke out of your room by covering vents and cracks around doors. Call 911 immediately.
- If you are trapped in your home, signal for help at the window with a light-colored cloth or a flashlight.

Working together as a community, we can educate ourselves and our children on fire safety to reduce the risk of injury or death. If you would like further information on fire safety, please visit www.safekids.org. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Signs of Child Abuse *October 21st*

Child abuse isn't always bruises and broken bones. Sometimes it can be difficult to know the signs of an abused child, especially if they are abused sexually, mentally or emotionally. No child should have to endure any kind of abuse. It is our duty as a society to be an advocate and help a child who needs support and guidance when in an abused situation. Below are signs which may suggest a child is being abused.

- The most obvious sign of child abuse is physical abuse. Visible signs of physical abuse may include broken bones, burns or bruises. Typically, when the child is asked about their injuries their explanations are unconvincing.
- Changes in a child's behavior should raise your suspicions. Abuse can lead to several changes in a child's behavior. Children who are abused often appear scared, anxious, depressed, withdrawn or more aggressive. They begin to perform poorly in school and act out in negative ways.
- Some abused children may revert back to behaviors they displayed in their earlier ages. These behaviors may include, thumb-sucking, bed-wetting, fear of darkness or strangers, nightmares, etc. For some children, even loss of acquired language or memory problems may be an issue.
- If a child is being abuse at home, the child may show apprehension or anxiety about

leaving school and going home to the person abusing them. If you see these behaviors talk to the child. The child may open up to you. If it is determined the child is being abused, call your local police department immediately.

-Children who are being sexually abused may show signs of age-inappropriate awareness and knowledge of sex or sexual behavior. The child may run away from home, attempt suicide or involve themselves with drugs and prostitution.

-A child who is neglected may be significantly underweight or overweight. The child can be developmentally delayed. The child may appear sick and tired, dirty, have poor hygiene and inadequately clothed.

Working together as a community, we can educate ourselves on signs of child abuse. To report child abuse in Los Angeles County contact the Child Protection Hotline 24 hours a day, 7 days a week: Toll-free within California (800-540-4000), calling outside of California (213-639-4500), TDD [Hearing Impaired] (800-272-6699). If you would like further information on signs of child abuse, please visit www.lacdcfs.org. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Internet Safety

October 20th

The internet is full of wonderful resources which allow us access to an endless amount of information with a click of a button. Unfortunately with a click of a button our children have access and can be exposed to pornography, questionable characters, hate groups, on-line chat-groups, etc. Below are just a few safety tips that can help prevent your child from being exposed to harmful websites on the internet.

- Parents have to get involved. Have your computer in a common area, not in your child's bedroom. Parents need to monitor their child's access to the computer as well as the time spent on the internet.
- Learn how to block objectionable material.
- Share an email account with your child so you can monitor all incoming and outgoing messages, uploads and downloads.
- Do not allow your child to enter private chat rooms. Your internet service provider provides safety block features; use them. There is on-line predator persistently looking for an innocent child to be his or hers next victim.
- Be aware that posting a message to a chat room reveals a user's email address to others. Take your child seriously if he or she tells you about an uncomfortable online exchange.
- If your child has been befriended on-line by an unknown individual, insist on being "introduced" or immediately "unfriend" the individual.
- If your child is spending long hours on the internet, especially at night, receiving phone calls from unfamiliar people, or gifts arriving in the mail, these can be signs your child is being targeted by an online predator.
- If you receive any obscene or threatening messages, report immediately to your internet service provider.
- Call the National Center for Missing and Exploited Children at (800-843-5678) if you are aware of any on-line child pornography. Contact your local law enforcement agency or the FBI if your child received child pornography via the internet.

Working together as a community, we can educate ourselves and our children on internet safety to reduce the risk of becoming an on-line victim. If you would like further

information on Internet safety,

please visit www.kidshealth.org. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Heatstroke Safety Tips *October 19th*

According to the KidsandCars website, on average 38 children die in hot vehicles each year from heat-related deaths. Even the best of parents or caregivers can unknowingly leave a sleeping baby in a vehicle; and in the end it can cause serious injury or even death. By educating ourselves with the tips below we can reduce the possibility of heatstroke injuries or death.

-Never leave your child in a car alone!

-Make sure your vehicle is locked, including doors and trunk, so your child cannot get into the vehicle on their own. Educate your child that trunks are for transporting cargo and is not a safe place to play. If you discover your child is missing, always check swimming pools, vehicles and trunks.

-If your child is locked inside a vehicle get them out immediately and dial 911.

Emergency personnel are trained to evaluate children for heatstroke.

-Nowadays parents and caretakers are extremely busy. It may not be part of your daily routine to take the kids to daycare therefore put something in the back of your car next to your child such as a briefcase or purse that is needed at your final destination. This way if your child is sound asleep or quiet you are aware they are still in the vehicle.

-Another helpful tip is to create a reminder on your electronic device to make sure you dropped your child off at a daycare. Ask your daycare provider to call you if your child is

late.

-If you see a child alone inside a vehicle, call 911 immediately. Stay with the child until emergency personnel respond to the location.

Working together as a community, we can educate ourselves and our children on how to avoid getting into unsafe situations in vehicles possibly resulting in heatstroke. For more information on preventing heatstroke, visit www.kidsandcars.org. If you have any further questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Babysitter Safety Tips *October 18th*

Most families at one time or another need a babysitter for their little ones. Choosing a babysitter to care for your child can be a difficult process. To make your experience easier here are a few safety tips to consider next time you are in need of a babysitter or leave your children in someone else's care.

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-If possible, ask a trusted friend or a family member to watch your children. Having peace of mind can make the experience enjoyable for all parties involved.

-If you are unable to use family or friends, ask your friends if they have any recommendations.

-Do not hire any sitter under the age of 12.

-Make sure your sitter is CPR certified and knows first aid.

-Talk with your children about the babysitter; determine if your child is comfortable around the sitter.

-If you are not completely comfortable with leaving your child with an unfamiliar sitter, hire them first to "sit" with your child while you are home. Watch how they interact with

your child and respond to different situation that may arise during the day.

Before the babysitter arrives have a list of the following information by the telephone.

The information below can assist in an emergency situation as well as educate your sitter on your child's needs.

-The address and major cross streets of your home should be the first on the list. If the babysitter has to call 911 the dispatcher will need to know the location emergency personnel must respond to. More than likely the babysitter will not know your address so having this information readily accessible will prevent any delay in EMS response time.

-Write down the address and phone number of the location where you can be reached. Leave your cell number, spouse's cell number or anyone you feel that can assist the babysitter if needed. If you have trusted neighbors, leave the babysitter your neighbor's phone number as well as any trusted family members.

-Leave the number for poison control (1-800-222-1222) and the local police or sheriff station.

-Inform the babysitter if your child has food or drug allergies, or has any medical conditions you believe they should be aware of.

-If your child takes medication leave specific instructions on the amount to give, what time the dose is due and the time last given.

-Educate the sitter on how you would like for them to handle misbehavior issues.

-Inform your babysitter not to open the door or answer the phone. This will relieve the babysitter of having to disclose the "man or women of the house" is not home.

Working together as a community, we can educate ourselves on how to keep our children healthy and injury-free while with a babysitter. For more information on

babysitting tips visit www.med.umich.edu. If you have any further questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Medication and Poisons

October 17th

Poisoning can happen to anyone at any age. Some poisons and medications are more likely to seriously harm children, while others more commonly injure adults. Even the safest homes contain some form of poison or medication that can cause injury to a child or cause death. Below is a list of safety tips which can help prevent injuries in your home.

- All poisons and medications should be stored out of children's sight and reach. Small children are usually eye- level with items under the bathroom and kitchen sink. Many items like bleach, detergents, dishwasher liquid or cleaning solutions should be kept up high in a locked cabinet.
- Some items may look like they are kid friendly. Read product labels to find out what can be hazardous to your child. Some items like make-up, plants, art supplies and personal care products can be hazardous to your child's health. When available buy child resistant packages.
- Do not leave poisonous products and medications unattended while in use. Many incidents occur when adults become distracted for a quick moment.
- Cleaning products should be kept in their original containers to avoid any confusion. Never put a potentially toxic product in a plastic soda or water bottle, where it could be mistaken for something else.
- Program the toll-free number for the Poison Control Center (1-800-222-1222) into your

cell phone and home phone. The number works from anywhere in the United States 24 hours a day, seven days a week.

- If your child collapses and is not breathing or has a seizure, call 911. Do not make your child vomit or give him anything unless directed by a medical professional.

- Check your home for lead-based paint. If your house was built before 1978 hire a professional to control and remove lead sources safely. If lead hazards are identified, test your child for lead exposure.

Working together as a community, we can educate ourselves on how to prevent medication and poison incidents within our homes, reducing the risk of injury or death. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-TV and Furniture Tip-Overs *October 16th*

According to Safekids, a child dies every three weeks from a TV tipping accident. Nearly 13,000 children are injured each year from top-heavy furniture toppling over on them. Top-heavy furniture, TVs and appliances can be very unsteady. If children pull or climb on these objects they can easily tip over and fall on the child causing serious injury or possibly death. These accidents can be preventable by following these safety tips below.

- Mount flat screen televisions to the wall. Mounting the television to the wall will help reduce the risk of it tumbling off the stand. Following the manufacturer's instructions can ensure your walls are protected and TVs are properly secure.

- If your television is older, with a large back, place it on a low, stable piece of furniture. The weight distributions in the older televisions are very uneven which can easily be

tipped over.

- Brackets, braces and wall straps are recommended to secure unstable or top-heavy furniture to the wall.
- Install stops on dresser drawers. These stops prevent the drawers from being pulled all the way out which can cause the weight of the dresser to shift making it easier to fall.
- Educate your children on how important it is not to climb on household furniture. As parents or caretakers avoid placing items like food, toys, remote controls, etc. on furniture where your child might be tempted to climb up to reach for them.

Working together as a community, we can educate ourselves and our children on TV and furniture safety, reducing the risk of injury or death. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Boating Safety Tips

October 15th

Boating is a great way to spend time with family and friends. However, a fun day on a boat can quickly turn dangerous without taking proper precautions. By following these safety tips you can reduce your family's odds of being injured while boating.

- Always have your child wear a life jacket while on boats, when participating in water sports or around bodies of water!! The life jacket should be approved by the U.S. Coast Guard.
- The life jacket should fit securely. Have your child raise their arms straight above their head, if the jacket hits their ears or chin, the jacket may be too big or too loose.

- Until young babies are at an appropriate weight to wear a floatation device they should not travel on a boat.
- Young children are at a higher risk for hypothermia. If your child looks cold and is shivering wrap them in a dry blanket or towel.
- Have enough life jackets on the boat for all passengers.
- Do not rely on swimming aids such as water wings and swimming noodles. These toys are meant for fun, they should never take place of a U.S. Coast Guard approved floatation device.
- Educate your child on basic boating rules and be sure to reinforce them. Teach your children to keep their hands and feet inside the boat at all times.
- Enroll your family in a boating safety course.
- Do not drink alcohol while boating. The majority of boating deaths occur each year from boat operators being under the influence.
- Learn CPR. It will give you great piece of mind. Local hospitals, fire departments and the American Red cross offer CPR training.
- Install a Carbon monoxide alarm on your boat. Carbon monoxide can accumulate in or around the vessel.
- Teach your child the differences between swimming in open waters and a pool. Uneven surfaces, river currents, ocean underflow and changing weather can take down the best of swimmers. Use caution and only swim in areas fit for your abilities.
- Make sure your child swims only in areas designated for swimming. Do not dive in shallow waters or in waters you are unable to tell the depth.
- Enroll your child in swimming lessons. Teach your child how to tread water, float and stay by the shore.

Working together as a community, we can educate ourselves and our children on boating safety to reduce the risk of injury or death. If you have any questions or

concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Choking and Strangulation Prevention Tips

October 14th

Anyone with small children knows how much they love to explore by putting things in their mouths. Unfortunately, choking and strangulation can occur. According to SafeKidsUSA in 2009, 1,099 children under the age of 15 died due to unintentional choking/strangulation. 94% of the deaths were children under 5 years old. Below is a list of safety tips which can help prevent choking and strangulation.

- Never leave a small child unattended while eating. Always cut your toddlers food up into tiny pieces. It is more common for small children to choke because their swallowing mechanism has not fully developed and they have small airway passages.
- Parents and caretakers should not give a child under five small, round or hard foods (e.g. hot dogs, hard candy, cheese sticks, nuts, grapes, popcorn, raw vegetables, gum etc.) These foods are dangerous due to the fact they can easily become lodged in a child's throat.
- Children should not eat while they are walking, playing or riding in a car.
- When purchasing a toy or game for your little one read the instructions and warning labels to make sure it is age appropriate.
- Keep all magnets, balloons, buttons, and coins out of your child's reach.
- Remove hanging cords from window blinds and treatments, especially when near a crib. Make sure all windows have proper screens that will prevent children from window falls.
- Avoid putting anything around your child's neck (e.g. Scarves, strings, drawstrings,

ties, etc.)

- Older children love to play with ropes. They love to swing from trees, tie each other up, jump rope, play tug-a-war, etc. If you chose to let your child play with ropes, they should be supervised at all times. Teach your child not to put the rope anywhere near their neck.

- Learn CPR and the Heimlich maneuver. It will give you great piece of mind. Local hospitals, fire departments and the American Red cross offer CPR training.

Working together as a community, we can educate ourselves on how to prevent choking and strangulation, reducing the risk of injury or death. If you would like additional information on educating yourself on how to prevent choking and strangulation, please visit www.safekids.org . If you are interested in a CPR class please visit www.redcross.org. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Baby Proofing

October 13th

Having a new baby is an exciting time for a family. It is easy to look at a newborn baby and think it is safe to wait to baby proof your home. As most parents know, your little bundle of joy will be a wandering toddler before you know it. When baby proofing your home start with the basic precautions and continually modify according to your baby's development. Below is a list of baby proof safety tips which can help prevent injuries in your home.

- A crib made before 1992 should not be used due to the fact it does not meet the safety

standards set by the American Society for Testing and Material (ASTM).

- Make sure the crib mattress fits securely so your child cannot slip between the mattress and crib. You should only be able to stick one finger between the mattress, side rails and headboard. The slats on the crib should be 2 3/8 inches apart or less so the baby's head does not get trapped.
- Do not put pillows, blankets, electric blankets, heating pads or stuffed animals in your baby's crib, this could cause suffocation.
- Never leave your baby unattended on a changing table. Always use the safety straps on changing tables, bouncy seats and swings.
- Remove hanging cords from window blinds and treatments. Make sure all windows have proper screens that will prevent children from window falls.
- Place safety door knobs on all doors to rooms and closets. Install toilet lid locks. Toilet lid locks prevent a baby from playing in the toilet, getting hurt or drowning. Drawer clasps should be considered on the refrigerator, dresser drawers, cabinets under sinks, etc.
- Poisons and medications should be stored up high where a toddler cannot see or reach. Make sure all bottles have child safety lids in case your little one outsmarts you.
- Throughout the day parents and caretakers should check the floor for small objects. Babies love to stick small objects in their mouths, which could result in choking.
- Nightlights should be at least three feet away from the crib, bedding or draperies. Install fire extinguishers within in the home.

Working together as a community, we can educate ourselves on how to baby proof our homes to reduce the risk of injury. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Playground Safety Tips *October 12th*

Children love the playground! It is a great place for them to burn energy, socialize with other children and just have fun. In order to ensure the playground is a positive experience for our children, we must keep them safe. Each year in the United States, hospital emergency rooms treat more than 200,000 children under the age of 14 for playground related injuries. Below is a list of playground safety tips which can help prevent injuries on the playground.

- Supervise your child when on the playground. Educate your child on the dangers of pushing, shoving, or crowding. Teach your child to use the playground equipment appropriately.
- Look for age-appropriate equipment. Young children play differently than older children. It is important to have a separate play area for children under five.
- Majority of injuries occur on climbers than other equipment. Make sure your child has the ability to climb securely and steadily. If your child looks unsure, help them down and have them use equipment more suitable for their abilities.
- Dress your child appropriately for the playground. Remove necklaces, purses, scarves, or clothing with drawstrings that can get caught on equipment and pose a strangulation hazard. Bicycle helmets can even be dangerous on the playground.
- Check the playground equipment for any hazards, broken equipment, or dangerous surfaces. If there is any playground hazards, report them immediately and do not allow your child to use the equipment until it is safe. Report any hazards to the appropriate local office or organization responsible for the site.
- For parents who have babies who are mostly crawling or learning to walk, the play area should have a smooth surface. If your baby has good head control and has the

ability to sit up, the baby bucket shaped swing can be an option.

Working together as a community we can educate ourselves and our children on playground safety to reduce the risk of injury. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Sports Safety Tips *October 11th*

Kids and sports seem to go together, right? Makes sense considering nearly 30 million children and adolescents in the United States participate in some sort of youth sports. But in order for our children to have a positive experience we must keep them free of injuries and educate them of the safety of playing sports. Below is a list of safety tips to help keep your child injury free when playing sports.

- First and foremost make sure your child receives a pre-participation physical exam (PPE) by a doctor before playing organized sports. The exam can help exclude any potential medical conditions that may place your child at risk.
- Make sure all your emergency contact information, given to the coach or organization, is up to date and correct at all times during the sport season.
- Prior to your child's first practice, talk to the coach about any history of Asthma or any medical condition that may require special attention.
- Teach your child how important it is to stretch before and after practice and games. Stretching can help prevent sport related injuries such as muscle tears or sprains.
- Remember to Hydrate!!! Your child should be hydrating throughout the day by drinking

water before, during and after play. Have your child bring a water bottle to practice and games.

-During practice and games make sure your child is wearing appropriate and properly-fitted sports gear to help avoid injury.

-As a parent of a child involved in sports it is important to learn the signs and symptoms of a concussion. If your child has been hit in the head and a concussion is suspected, immediately have your child evaluated by a medical professional. To learn more about the signs and symptoms of a concussion visit www.safekids.org.

-Getting a sufficient amount of rest is beneficial for your child to do their best and remain injury free. Children should have at least one or two days off from sports each week. Off seasons are important as well. Ten consecutive weeks of rest from any one sport every year is recommended. However, playing different sports throughout the year is ok.

Working together as a community we can educate ourselves on the safety of sports to keep our children healthy and injury free throughout their sporting careers. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-School Bullying *October 10th*

With all the pressures children in life face today, the last thing a child needs is to dread going to school because of a bully. Bullying is a serious topic. Being bullied can cause emotional, physical and mental damage to a child. A victim of bullying can become depressed, develop severe anxiety, feel extremely insecure or even commit suicide.

A bully is defined as an individual who displays aggressive behavior, intimidates or mistreats another person and intends to cause harm or distress repeatedly over a period of time. Bullying comes in different forms; Physical, verbal, emotional, sexual and technological. As parents, we need to educate ourselves on the signs of child bullying and teach our children how to deal with a bully. Below are list of signs that may indicate your child is a victim of bullying.

- Sudden dislike of school
- Anxiety or fear of going to school
- Very few or no friends
- Trouble sleeping or nightmares
- Headaches or stomachaches
- Unexplained cuts, scratches, or bruises
- Damaged or torn clothing, personal property missing

If you think you child is a victim of bullying, don't take it lightly or just think of it as "kids being kids." It is very important to stop the bullying as quickly as possible.

- Talk to your child about the situation(s) when the bullying occurred. Encourage your child to express how they were feeling when bullied ex. scared, embarrassed, angry, etc.
- Do not criticize your child for the way they handled the situation at the time of the bullying incident. Your child may become discouraged coming to you if the situation occurs again.
- Reassure your child they have your support.
- Assess the situation and figure out a plan that best fits your child and the present situation.

- Talk to your child's teacher or guidance counselor.
- Teach your child not to retaliate against the bully. Retaliation can result in your child being injured, punished at school or bring unwanted negative attention.
- Do not contact the bully's parents. Talk to school officials, local police department or an attorney.
- Do not stop working on a solution until the bullying stops.

Working together as a community, we can educate ourselves and our children on school bullying. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month- Burns and Scalds Prevention *October 9th*

As parents we want to keep our children safe and secure at all times. Unfortunately we cannot be with our children 24 hours a day. Therefore, we must teach them how to be safe when we are not present. Every day, approximately 300 children are treated in emergency rooms for burn-related injuries, and two children die as a result of being burned.

Young children are more likely to sustain injuries from scald burns caused by hot liquids or steam. Older children typically endure injuries from direct fire flames. By following the safety tips below you can reduce your child's odds of being injured by burns and scalds.

- Child-proof the electrical outlets in your home. Children love to stick objects like keys and forks into electrical sockets.

- Keep all appliance cords out of children's reach, especially if the appliance has the capability of producing heat. Keep a watchful eye on appliances which produce heat. Unplug immediately after use.

- Please do not carry or hold your child while using the stove.

- Prevent scalding by setting your water heater to 120 degrees Fahrenheit. Consider installing anti-scald devices in water faucets and showerheads.

- Microwaves heat unevenly therefore causing hotspots in food. Avoid using them to heat baby formula and milk.

- Educate older responsible children to cook safely. Teach them to never leave the stove or oven unattended. Instruct older children to use oven mitts or potholders before removing items from the stove or oven.

Working together as a community, we can educate ourselves and our children on burn and scald prevention to reduce the risk of injury or death. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org

Child Safety Month-Swimming Safety for Children *October 8th*

In the summer, between the months of May and August, and most commonly on the weekends, two-thirds of all drowning deaths occur. Although the summer months have passed the potential for a child to be injured or drown near bodies of water is always a

possibility. Educating yourself and your child about swimming safety can reduce the possibility of injuries or death when around bodies of water.

- When in or around open bodies of water actively supervise your children by giving them your undivided attention. It only takes seconds for a child to fall in water and less than two minutes after their head goes under water to drown.

- When children are swimming and several adults are present, designate an adult to supervise the children swimming for a certain amount of time, this will prevent lapses in supervision. Hiring a lifeguard is a great alternative when having a pool party and children are present.

- If your child is learning to swim make sure they are wearing a flotation device which is Coast Guard approved.

- Gates around a pool is a must!!! Gates are to keep children out of the pool area when there is no adult or lifeguard present. Teach your children to NEVER go through any pool gates when they are closed.

- Have your child swim at a depth that is safe for them. Beginner swimmers should stay in the shallow end.

- Always obey all pool rules.

- Do not dive in shallow waters or in waters you are unable to tell the depth.

- Learn CPR. It will give you great piece of mind. Local hospitals, fire departments and

the American Red cross offer CPR training.

Working together as a community we can educate ourselves and our children on the safety of Swimming. For further information on swimming safety tips go to www.kidshealth.org. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Battery Hazards for Children *October 7th*

Anyone with young children knows how much they love to explore by putting things in their mouth. Children love to play with cell phones, remote controls, watches and key fobs, etc. as well as take them apart. By taking these devices apart, it becomes extremely dangerous by exposing the button battery inside.

More than 2,800 children are treated in hospital emergency rooms after swallowing button batteries. The number of serious injuries and death, as a result of button batteries has severely increased over the last ten years. This increase would be due to the fact that all the electronic devices in our households keep getting smaller and smaller. Below is a list of safety tips which can reduce the possibility of injuries or even death.

- Keep button battery controlled devices out of sight and reach of children. Many household devices include (but are not limited to) remote controls, watches, hearing aids, singing greeting cards, digital scales, thermometers, children's toys, calculators, t-light candles, key fobs, flashing holiday jewelry and decorations.

- Place a piece of duct tape over the controller to prevent small children from opening the device and exposing the battery. Keep loose batteries locked away.

- If you suspect your child has ingested a battery, go to the hospital immediately. When a child swallows a button battery, the saliva triggers an electrical current. In as little as two hours of swallowing a battery a chemical reaction can cause severe burns in the esophagus. Do not induce vomiting or have your child eat or drink anything until evaluated by a medical professional.

- Enter the National Battery Ingestion Hotline (202-625-3333) into your phone. Sharing this information with family, friends, caregiver and sitters could save a life.

Working together as a community we can educate ourselves and our children on battery hazards to reduce the risk of injury or death. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Gun Safety *October 6th*

More than 44 million Americans own firearms. Whether you collect guns as a hobby or use them for protection, guns can be found everywhere. If you decide to avoid firearms completely your child still has the potential to encounter a weapon at a friend's house or on the street. If you chose to own a firearm educating your child on the potential dangers is imperative. Whatever your decision is, educating your child on gun safety can prevent them from being involved in an accident.

- First and foremost children should realize guns are deadly. If you do keep a gun in the house, it is vital to keep it out of your child's sight and out of their reach. Guns should be kept in a gun safe locked and unloaded, and the ammunition should be stored separately.

- Educate your child to follow these rules if they should come in contact with a gun:

- Stop all activities

- Do not touch the gun

- Leave the gun and the area immediately

- Tell an adult right away or notify the police

- Allowing your child to play with a toy gun is a personal decision. It is also a personal decision on how you respond to your child "pretend shooting" during their course of play. Remember, even if you don't allow your child to play with a toy gun, their friends may have them. So explain to your child that real guns, unlike toy guns or those shown on TV, in movies, or in video games can seriously injure or even kill a person.

- It is very important for a child to leave the area to avoid harm by someone who doesn't know not to touch the gun. A child as young as three has the finger strength to pull the trigger. It is also important for children to tell an adult about the gun that has been found.

- If your child finds a gun and you are unsure what to do call your local police or sheriff station immediately.

Working together as a community we can educate ourselves and our children on gun safety to reduce the risk of injury or death. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Pedestrian Safety *October 5th*

Pedestrian injuries are the fifth leading cause of injury-related death in the United States for children ages 5 to 19. Whether your child is walking to school, to a friend's house, or to the park, here are a few simple tips to make sure your child arrives at their destination safely.

Talking and educating your children on how to be safe while walking is crucial. Sidewalks or designated pedestrian paths are always the best option when walking. Using crosswalks, traffic signals and teaching children only cross at street corners can minimize the risk of potential injury.

Be a good example. Not using your cell phone or any other electronic device when driving or walking near traffic will teach your child not to do the same. Teach your child at an early age to put down their electronic devices and look left, right and left again when crossing the street.

Remind your child to make eye contact with drivers before crossing the street. By doing this the child and driver have acknowledged each other. Remind your child while crossing the street to remain aware of his/her surroundings.

Young children should not cross the street without adult supervision. It can be difficult for children 10 and under to judge distance and speed of vehicles.

Working together as a community we can educate ourselves and our children on Pedestrian safety to reduce the risk of injury. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Carbon Monoxide Safety Tips *October 4th*

Carbon monoxide is an odorless, colorless, and highly poisonous gas. Children are especially vulnerable to the effects of carbon monoxide because of the way their smaller bodies process carbon monoxide. Each year, approximately 180 children die due to carbon monoxide poisoning and more than 20,000 children will visit the emergency room. By following these safety tips you can reduce your family's odds of being injured by carbon monoxide.

- Make sure your home has a carbon monoxide alarm! Smoke alarms and carbon monoxide alarms are crucial inside a home. These alarms are not substitutes for each other. However, combination smoke and carbon monoxide alarms are available. Carbon monoxide alarms should be installed on every level of your home, especially near bedrooms or areas where one may sleep. Keep the carbon monoxide alarm at least 15 feet away from fuel-burning appliances.
- The danger of carbon monoxide poisoning increases in the winter months and during hurricane season due to individuals using fuel-powered devices more frequently. Regardless of the season or month, do not use a grill, generator or camping stove inside your home or garage.
- If you need to warm your vehicle, remove the vehicle from the garage immediately after starting it. Never leave your vehicle running in a garage, even if the garage door is open. If you own a boat, install an alarm on your boat. Carbon monoxide can accumulate in or around the vessel.
- If the alarm sounds, immediately move outdoors. Call 911 or the fire department.

If you have any questions or concerns or would like additional information regarding the dangers of Carbon Monoxide please visit www.usfa.fema.gov.

Child Safety Month-Proper installation and use of a child safety seat *October 3rd*

Child safety seats are such a vital piece of equipment to keep your child safe throughout the beginning years of their life. Every year, thousands of children are injured or killed by safety seats that are improperly fastened. By educating ourselves on how to properly install and use a child safety seat we can reduce the possibility of injuries in the event of a traffic collision.

- The child safety seat should be based off your child's height, weight and age. Make sure you read the instructions and follow the manufacturer's instructions completely; every child safety seat is different. If you are in a hurry and do not have the time to place the child safety seat in your vehicle properly, keep in mind what is at stake. The safety of your child is certainly worth the extra few moments it takes to place the seat properly, and secure your child safely.

- Once the child safety seat is properly installed in your vehicle give it a good pull at the base and see if you can move it. If you are able to move the seat more than one inch front to back or side to side, it is not secure enough.

- With your child seated in the seat, and the harness tightly buckled, the chest clip should be at armpit level. If it is not, adjust it up or down to get the positioning correct. Next, try to pinch the shoulder straps. If you can do this, the straps are not snug enough. Take some of the slack out of the straps and try it again.

- For rear facing seats, use the seat belt or lower anchors if equipped, to lock the seat in place. If you are using a forward facing seat, use the seat belt, or lower anchors if equipped, to lock the seat in place. It is not necessary to use both the seat belt and lower anchors if equipped. Pick whichever one is more to your liking as they are both equally safe.

- Know when it is time to move from one type of child safety seat to another. If your child exceeds the height or weight limit, or the child's shoulders are now higher than the belt slots in the current seat, it is time to move to the next level, or possibly to a booster seat. Do not move out of a child safety seat to a booster seat until they have out grown the larger child seat. The child safety seat affords the most protection for the child until they reach the height, weight and age limits for a booster seat.

- Children under the age of 8 must be secure in a car seat or booster in the back seat.
- Children under the age of 8 who are 4'9" or taller may be secured by a safety belt in the back seat.
- Children who are 8 years and over shall be properly secured in an appropriate child passenger restraint system or safety belt.
- Passengers who are 16 year of age and over are subject to California's Mandatory Seat Belt law.

If you are still unsure on how to install a child safety seat please contact your local CHP office where you can set up an appointment for a lesson or check out their web-site at www.chp.ca.gov. If you have any other questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Child Safety Month-Skateboarding *October 2nd*

Many children love to skateboard and are good at it! However, no matter how good your child is and what skill level they are, there is always potential for injury. Over 82,000 individuals are treated in hospital emergency rooms for skateboard-related injuries each year. It is extremely important to educate yourself and your children on wearing the proper safety equipment so every skateboarding experience can be a fun and injury-free!

- Helmets are a must!! Every skater should be wearing a helmet. Be sure the helmet is designed for skateboarding, not another sport. Look for a skateboard helmet which is certified and has met the ASTM F1492 federal standard for safety. This will be designated with a sticker inside of the helmet and should read "ASTM F1492 Skateboard Helmet". The helmet should be equipped with a strong strap and be securely fastened at all times. Skateboarding injuries can range from mild to life-threatening. Many skateboarders have been killed due to head injuries.

- Wrist guards, knee pads and elbow pads are recommended for all skateboarders, especially for beginners. The pads should be made of a hard plastic or nylon type material with padding inside. The pads should not restrict movement of the elbows or knees and the straps should not be so tight it restricts blood circulation. The pads should be snug enough to stay in place in the event of a fall.
- Skateboarding is very hard on shoes, ankles and feet. Use shoes made of leather or suede. A vinyl or plastic shoe can be easily torn in a fall allowing injury to the skateboarder's feet. Make sure the sole of the shoes are in good shape and are softer rubber to provide less chance for slips and falls.
- Use a board designed for what you are doing. Do not use a homemade board of poor construction or design. It is best to purchase a well-designed board meant for skateboarding. Frequently check the board for defects. Look for cracks and sharp edges in the board. Check for free rolling wheels and excessive movement in wheel mountings.
- Serious skateboarding injuries can occur when you lose control and run into motor vehicles, pedestrians, other skateboarders, bicyclists or other objects. You can lessen the possibility of injury if you use protective gear, keep your skateboard in good shape, skate in designated areas and do not attempt tricks or stunts above your current skill level.

Working together as a community we can educate ourselves and our children on the safety of Skateboarding. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Walking to School *October 1st*

As parents all we want is what is best for our children, especially when it comes to their health and safety. Whether it is ensuring your child gets to school safely, keeping your child safe on the internet or how to teach your child to call 911, the Palmdale Sheriff Station can help!

The Palmdale Sheriff Station has designated October as Child Safety month. For the next 31 days, the Palmdale Sheriff Station will release information to the community about important topics to help ensure children's safety.

Now that the summer is over and children are back in school it is important to teach your children safety tips, especially if they walk to school. There are many things you can do to help protect your children when walking to and from school.

- Discuss a plan. Determine the safest route for your child to use on their walk. Look at things like traffic volume, speed limits, the availability of sidewalks, lighting and available crossing guards.
- Once you determine a route, walk the route with your child and discuss any hazards as you walk. Teach them how traffic signals work and educate them when the proper time to cross at an intersection which is designated by signals.
- Explain to your child the importance of looking both ways twice, and listening to your surrounding before crossing the street. Remind them to continue to watch for cars even when they are crossing the street.
- Educate your children on the importance of using a crosswalk (preferably with crossing guards) and the dangers of crossing mid-block.
- Encourage or insist your child walk with a group of other children. Set up a group of parents who can alternate walking with the children. Warn them about the dangers of accepting rides from people they do not know.
- Tell your child to avoid taking "shortcuts" and stay on the route you have chosen for them.
- Have a family member or a trusted friend your child can go to in the event of an emergency.

Working together as a community we can educate ourselves and our children on the safety of walking to school. If you have any questions or concerns, please call the Palmdale Sheriff Station at 661-272-2400 or email Deputy Jodi Wolfe at jewolfe@lasd.org.

Prepared by Deputy Jodi Wolfe

Address/Location

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