Mercy is a proud leader of
Color Me Safe
When I Wear My Helmet

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Ben and Mary go outside to ride their bikes.
Mary puts on her helmet.
Ben does not.
Ben laughs at Mary. Ben thinks Mary looks silly in her helmet.
It is a beautiful day for a fun bike ride, but suddenly...
...Yikes! Ben’s bike tire slips and he falls off his bike.
Ben hits his head on the ground. Mary goes to get help.
Mary’s mom calls 911.
Ben has to go to the hospital in an ambulance.
Dr. Sami meets Ben at the hospital.
Dr. Sami takes good care of Ben.
Ben has an x-ray taken of his head and stays all night in the hospital so Dr. Sami can see if Ben hurt his brain.
Ben injured his head and had to have stitches. He gets to go home from the hospital.
Thanks to Dr. Sami, Ben knows to **ALWAYS** wear his helmet. It is the safe and right thing to do.
Remember: Bike wrecks can happen on your sidewalk, driveway, bike path, street or in your park. Every time you get on your bike, you must wear your helmet. **Protect your Head and Wear a Helmet!**
Here are some other activities where you must always wear a helmet.
What is wrong in this picture?

Right! Even grown-ups need to wear helmets!
Connect these words and pictures together and find Dr. Sami’s secret phrase!
This bike & helmet belong to ______________________________

Print your name here.

__ SERIAL NUMBER __
__ MODEL __
__ MANUFACTURER __
__ DATE __
Hi Kids!

**My name is Dr. Sami Khoshyomn.**

Please call me Dr. Sami. I work at Mercy and I am the area's only pediatric neurosurgeon. What is a pediatric neurosurgeon? A neurosurgeon works with people that have problems with their brain or spine. Pediatric means that I like working with kids like you.

I see many children in the emergency room that have a head injury from not wearing a helmet while playing sports, riding a bike or an ATV. Some of the kids are hurt more than others and it is my job to help them get better. Most of these injuries don’t have to happen.

I am asking you and your parents to help protect your head. Please make sure you always wear your helmet when playing sports and riding bikes or ATV’s. Some kids may think it’s silly to wear their helmet but that is not true. A helmet can save your life.

If you or your parents have questions, please call me anytime at my office. My number is 417-820-5150. I help all kids even if they don’t have the money to pay.

And kids and parents should always remember, **Protect your head, and wear a helmet.**

**Mercy Injury Prevention Center**

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