

SUMMER SAFETY

A Note From the Nurse
About...**Summer Safety!**



Looking ahead to summer fun, here are some tips to keep you children safe and still have **Fun In The Sun!**

Sun Safety-Children under 6 months of age should not be exposed to direct sun-their risk of sunburn is much higher than older children. Sunscreen with an SPF of 15 or greater applied 30 minutes before going outside and reapplied every two hours will reduce the risk of sun damage.

Heat Safety-Make sure your child drinks plenty of fluids when they're playing in hot weather. You can be dehydrated even if you don't feel thirsty. Symptoms of heat distress are headaches, nausea, dizziness, and muscle cramps. If your child displays these symptoms, take them to a cool area and have them sip cool drinks.

Water Safety-Never leave your young child alone near a pool. Older children should never swim alone. Don't rely on "floaties" to keep your child safe in deep water, and always wear a life vest when boating.

Bug Safety-Avoid scented soaps, etc., that attract stinging insects. If your child is stung, scrape the stinger with a credit

card or fingernail and apply ice to the sting to reduce swelling. If your child has stings in the mouth or more than 10 stings contact your doctor. If your child has difficulty breathing, swallowing, or talking after a sting, **CALL 911**. The maximum safe concentration of DEET in insect repellent for children is 30%.

Playground Safety-Check that the area around playground equipment over 7 feet high is well padded with wood chips, mulch, or shredded rubber. Inspect the equipment for open hooks, or sharp edges that may cause injury. Check that metal slides are not too hot before kids use them.

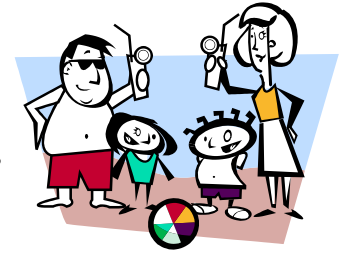
Bike Safety-Be sure your child wears a helmet every time they use their bike. Supervise children riding bikes on the street to be sure they are easily visible and have them practice with you how to safely move to the closest side of the street when cars come near.



Skateboard Safety-Children should not ride in traffic. Be sure your child wears their helmet and protective gear for elbows and knees. Look for skateboard parks for safe areas to board.

Lawn Mower Safety-Clear the

area to be mowed of stones or toys to prevent injuries from flying debris. Children under 12 should not use lawn mowers or ride on mowers as a passenger. Be sure those using mowers are wearing sturdy shoes-not sandals, or sneakers. Look for mowers with controls that keep the mower from moving forward if the handle is let go.



Stranger Safety-Be sure your child tells you where they are going and should use the buddy system. Don't allow your child to use a public restroom alone. Make sure your child knows not to reveal to a stranger if they are alone at home. Avoid having your child wear items with their name on them where it's visible-children tend to trust people who call them by name.

Have fun, stay safe and we'll see you in September!

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