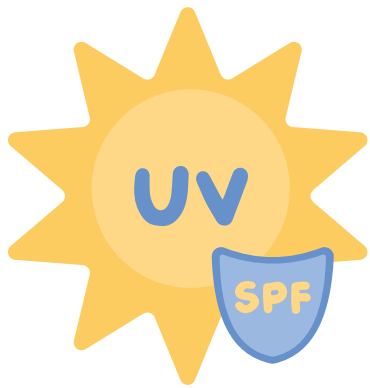


Guide to Summer

Sunscreen

Overview

Spending time outdoors is a common activity during spring break and summer vacations. When you're outdoors, it is important to protect your child against the sun's rays, since most sun damage occurs in childhood. Like other burns, sunburns will leave the skin red, warm, and painful. In severe cases, it may cause blistering, fever, chills, headache, and general feeling of illness.



Sun Safety for Babies

- Baby skin is more delicate and thinner than adult skin and therefore, burns and irritates more easily. Even dark-skinned babies can get sunburned.
- Babies cannot tell you if they are too hot, therefore, it is important to pay close attention and ensure adequate sun protection.
- Babies younger than 6 months of age:
 - Avoid the use of sunscreen.
 - Stay in the shade as much as possible and avoid direct and indirect sunlight.
 - Avoid being outside between 10 a.m. and 4 p.m., when the sun's rays are the strongest.

Sun Safety for Kids

- The best line of defense against harmful ultraviolet radiation (UVR) exposure is to **cover up**.
- Stay in the shade whenever possible, and limit sun exposure during peak intensity hours - between 10 a.m. and 4 p.m.
- Select clothes made of tightly woven fabrics. Cotton clothing is both cool and protective.
- A hat and sunglasses are also a good idea to protect your child from the sun. Look for sunglasses with UV protection and a wide-brimmed hat that shades the cheeks, chin, ears, and back of the neck.
- When choosing a sunscreen, be sure to check the label for the following:
 - **"Broad-spectrum"**, meaning the sunscreen protects against both ultraviolet B (UVB) and ultraviolet A (UVA) rays.
 - Water-resistant
 - Sun protective factor (**SPF**) of at least **15**.
- Zinc oxide, a very effective sunscreen, can be used for extra protection on the nose, cheeks, tops of ears, and on the shoulders.
- Apply sunscreen to areas of your child's skin that are not covered by clothing.
 - Before applying, test the sunscreen on your child's back for an allergic reaction.
 - Apply carefully around the eyes, avoiding eyelids. If a rash develops, please call the office.
- Apply sunscreen 30 minutes prior to going outside. Reapply sunscreen every 2 hours, or after swimming or sweating.
- Sunburns:
 - Signs of sunburns typically appear 6-12 hours after sun exposure, with the most discomfort happening in the first 24 hours.
 - Apply cool compresses or bathe your child in cool water to soothe the discomfort. You may also give Tylenol to help with the pain.
 - If your child gets a sunburn that results in blistering, pain, or fever, please contact the office, as they may need to be evaluated.

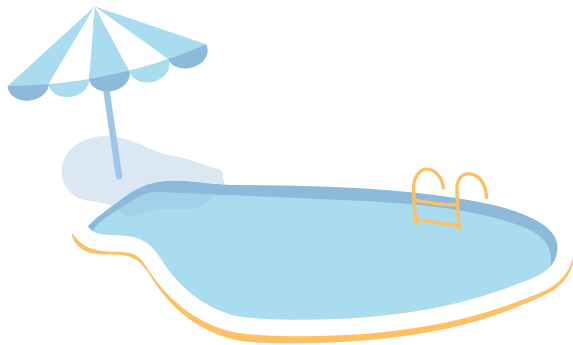


Guide to Summer

Water Safety

Overview

Although fun, swimming comes with risks that parents need to be aware of. The toddler years have the highest risk of drowning than any other time. Most toddlers are curious, active, and eager to explore their surroundings. They tend to be attracted to the water because it shines, ripples, and splashes. Children can drown in as little as an inch or two of water, and it can happen quickly and silently.



Pool Barriers and Alarms

- Install a pool fence that:
 - Is at least 4 feet high
 - Surrounds all 4 sides of the pool. The safest fence is one that surrounds all 4 sides of the pool and completely separates the pool from the house. If the house serves as the 4th side, install an alarm on the exit door.
 - Does not have opening or protrusions that a young child could use to get over, under, or through.
- For additional protection, install window guards on windows facing the pool.
- Drowning victims have also used pet doors to gain access to pools.
- Ensure pool gates open out from the pool and self-close and self-latch at a height children can't reach.
- Consider alarms on the gate to alert you when someone opens the gate. Consider surface wave or underwater alarms as an added layer of protection.
- Keep all barriers and alarms in good repair with fresh batteries.

Pool Safety

- **Never leave children alone in or near the pool or spa**, even for a moment. Close supervision by a responsible adult is the best way to prevent drowning in children.
- Whenever children under age 5 are in or around water, an adult - preferably one who knows how to swim and perform CPR - should be within arm's length, providing "touch supervision". If you are in charge of watching the water:
 - **Put down your cellphone**
 - **Avoid other activities**
 - **Supervise even if there are lifeguards**
 - **Switch off with another adult for breaks**
- Keep rescue equipment and telephone nearby.
- "Floaties" are not a substitute for approved life jackets and can give children and parents a false sense of security.
- American Academy of Pediatrics recommends **swim lessons for all children** and their parents, as another layer of protection. Children over the age of 1 may be at a lower risk of drowning if they have had some formal swimming instruction. Swim instruction, however, should never be seen as "drown proofing" a child at any age.
- Avoid entrapment.
- **Avoid blue colored bathing suits.** Use bright colored bathing suits that can easily be seen under water.
- If a child is missing, look for them in the pool or spa first.
- Share safety instructions with family, friends, and neighbors.



Guide to Summer

Boating Safety

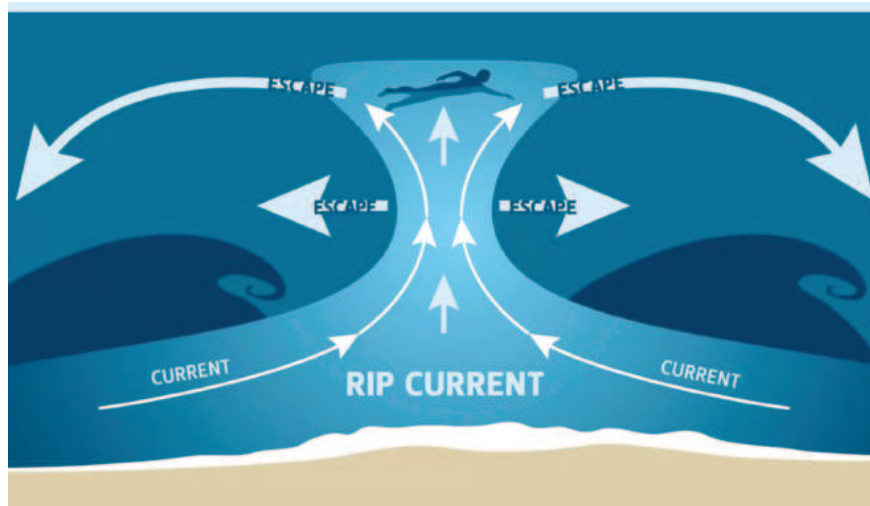
- Children should wear life jackets at all times when on boats, docks, or near bodies of water.
- Make sure the life jacket is the right size for your child. The jacket should not be loose and should always be worn as instructed. Life jackets should be **approved by the US Coast Guard**.
- Blow-up water wings, toys, rafts, and air mattresses should not be used as life jackets or personal floatation devices. Adults should also wear life jackets for their own protection, as well as to set a good example.
- Adolescents and adults should be warned of the dangers of boating, even as a passenger, when under the influence of alcohol, drugs, and even some prescription medications.

Commonly Missed Water Hazards

- Bird baths, fountains, and ponds. Although these can be nice landscape features, consider holding off on installing or using them until child is older.
- Wells, irrigation, or drainage ditches.
- Buckets/pails.
- Coolers with melted ice.
- Wading pools.
- Large water bowls for pets.
- Trash cans or recycling bins that may collect rain water.
- Bathrooms.

Open Water Safety

- **Never swim alone.** Even good swimmers.
- A lifeguard (or another adult) needs to be watching children whenever they are in or near the water. Younger children should be closely supervised while in or near the water - use **"touch supervision"**.
- Make sure your child knows to never dive into water except when permitted by an adult.
- Never let your child swim in canals or any fast-moving water. Ocean swimming should only be allowed when a lifeguard is on duty.
- Teach children about rip currents. If they get caught in one, don't try to swim against it. Swim parallel to shore until they escape the current and then swim back to shore.
- Be aware that pools and beaches in other countries may not have lifeguards and pools may have unsafe drain systems. Supervise children closely.
- At the beach, stay within designated swimming area and ideally within the visibility of the lifeguard.
- Seek shelter in case of storm. Get out of the water. Get off the beach in case of lightning.



Guide to Summer

Bicycle and Scooter Safety

- A helmet protects your child from serious injury, and should **always** be worn. Wearing a helmet at all times helps children develop the helmet habit.
- Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many injuries happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Set the example: Whenever you ride, put on your helmet.
- When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.
- A helmet should be worn so that:
 - It is level on the head and covers the forehead, not tipped forward or backwards
 - The strap is securely fastened with about 2 fingers able to fit between chin and strap.
 - The helmet is snug, but not overly tight. Skin should move with the helmet when moved side to side. If needed, the helmet's sizing pads can help improve the fit.
- Don't push child to ride a 2-wheeled bike without training wheels until ready. Consider child's coordination and desire to learn to ride. Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes. Consider a balance bike with no pedals for young children to learn riding skills.
- The value of a properly fitted bike far outweighs the value of surprising your child with a new one. Buy a bike that is the right size, not one your child has to "grow into." Oversized bikes are especially dangerous.
- Your child should ride on the right, facing the same direction as traffic, and should be taught to obey all stop signs and other traffic control devices. Children should never ride at night.



Bug Safety

- Don't use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest/congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- Eliminate stagnant water, such as bird baths or fish ponds, in your yard. Dump any buckets or tires that may contain standing water.
- Ensure window screens are tightly fitted and repair any holes to keep bugs out of the house.
- Avoid clothes with bright colors or flowery prints. Children should wear hats to protect against ticks when walking in the woods, high grasses or bushes. Check hair/skin for ticks at the end of the day.
- To remove a visible stinger from skin, gently back it out by scraping it with a credit card or fingernail.
- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every 2 hours, but insect repellent should not be reapplied that often.
- Use insect repellents containing DEET when needed to prevent insect-related diseases. Ticks can transmit Lyme Disease, and mosquitoes can transmit West Nile, Zika virus, and other viruses.
- The current AAP and CDC recommendation for **children older than 2 months of age is to use 10-30% DEET**. DEET should not be used on children younger than 2 months of age.
 - 10% DEET provides protection for 2 hours
 - 30% DEET provides protects for 5 hours
 - Choose lowest concentration that will provide the required length of protection.
- DEET concentrations varies significantly from product to product, so read the label of the product. Children should wash off repellents when they return indoors.
- As an alternative to DEET, picaridin has become available in the U.S. in concentrations of 5% to 10%.
- When outside in the evenings or other times when there are a lot of mosquitoes present, cover up with long sleeved shirts, pants and socks to prevent bites.



Guide to Summer

Playground Safety

- The playground should have safety-tested mats or loose-fill materials (shredded rubber, sand, wood chips, or bark) maintained to a depth of at least 9 inches (6 inches for shredded rubber). The protective surface should be installed at least 6 feet (more for swings and slides) in all directions from the equipment.
- Equipment should be carefully maintained. Open "S" hooks or protruding bolt ends can be hazardous.
- Swing seats should be made of soft materials such as rubber, plastic or canvas.
- Make sure children can't reach any moving parts that might pinch or trap any body part.
- Never attach—or allow children to attach—ropes, jump ropes, leashes, or similar items to play equipment; children can strangle on these. If you see something tied to the playground, remove it or call the playground operator to remove it.
- Make sure your children remove helmets and anything looped around their necks.
- Metal, rubber and plastic products can get very hot in the summer, especially under direct sun. Make sure slides are cool to prevent children's legs from getting burned.
- Don't allow children to play barefoot on the playground.
- Parents should supervise children on play equipment.



Trampoline Safety

- Parents should never purchase a home trampoline or allow children to use a home trampoline because of the risk of serious injury even when supervised.
- Surrounding trampoline netting offers a false sense of security and does not prevent many trampoline-related injuries. Most injuries happen on the trampoline, not from falling off.
- If children are jumping on a trampoline, they should be supervised by a responsible adult, and only one child should be on the trampoline at a time. 75% of trampoline injuries occur when more than one person is jumping at a time.



Firework Safety

- Fireworks can result in severe burns, blindness, scars, and even death.
- Fireworks that are often thought to be safe, such as sparklers, can reach temperatures above 1000 degrees Fahrenheit, and can burn users and bystanders.
- Families should attend community fireworks displays run by professionals rather than using fireworks at home.

