# Summer
## *Health & Safety*

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Workplace Wellness

### Week 3 - Summer Safety for Kids

Review these guidelines for keeping kids safe and healthy this summer:

1. Make a safety game plan – Before your children head out to play, sit down with them and agree on a safety plan that includes how they can reach you and what to do in an emergency.

2. Protect them from the sun – Cover their heads, eyes and bodies with hats, sunglasses and lightweight cotton clothing to decrease the amount of sun exposure they get.

Apply sunscreen liberally and often; one blistering sunburn doubles a child's chance of developing melanoma. The American Academy of Dermatology recommends applying a water-resistant sunscreen that protects against both UVA and UVB rays every day of the year. Choose a sunscreen that is at least SPF 30 and apply it 15 to 30 minutes before going outside, on both cloudy and sunny days. When using sunscreen, apply as much as would fill a shot glass—and if you're using both sunscreen and insect repellent, apply sunscreen first and then repellent. Reapply after swimming, sweating, or after more than 2 hours in the sun.

3. Prepare a first aid kit – Put together a first-aid kit for your home and your vehicle.

4. Protect their heads and bodies – Before allowing your children to ride a scooter or bike, skateboard, roller blade, or participate in a team sport, be certain they understand that they must wear protective gear as necessary: a well-fitting helmet, mouth guard, and/or face mask, or appropriate padding.

5. Guard against bug bites – Apply insect repellent containing DEET. Insect repellent for children should contain at least 30 percent DEET, according to the American Academy of Pediatrics. Apply it to your child's body, avoiding his or her face and hands. Check for ticks every night, making sure to look under arms, around the waist, at the hairline and scalp.

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6. Teach kids to identify and avoid poison ivy, oak and sumac – Keep poison ivy soaps on hand to wash away the oils as soon as you are aware of exposure. If you or your child is exposed:

- Wash all clothes in soap and water
- Wash the area of the skin that has been exposed to the plant for at least 10 minutes
- For a mild eruption, apply calamine lotion three to four times per day
- Apply topical hydrocortisone cream
- If you or your child has a severe rash or the rash is on the face, extensive parts of the body, or genitals, seek medical help.

7. Keep your little ones hydrated – Remind kids to drink often throughout the day. The American Academy of Pediatrics recommends drinking about every 20 minutes if kids are active in sports: About 5 ounces is right for a kid weighing 88 pounds.

8. Safety at the pool and on the water – Never leave little ones unattended near the pool, no matter what their ages or swim capabilities. Always place your child in a personal floatation device/life jacket while boating, and make sure the fit is snug enough to stop their ears or chin from slipping through.

9. Junk Food – Healthy food choices should be on your summer safety list as well! Limit treats like ice cream, cakes, and foods from the pool snack bar to a couple times a week. Instead of junk foods, fill up on fresh, seasonal produce like melons and cucumbers, other chopped veggies such as carrots and broccoli, sugar-free popsicles, and fruits like grapes, oranges and strawberries.

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