

Healthy Tips for Summer



Sun Screens to Prevent Sun Damage

Sunscreen will help protect your child's skin from damage due to sun exposure and reduce the risk of skin cancer. Please remember to sign the permission slips and send in a bottle of sunscreen with your child's name written on it. Please apply sunscreen in the morning before your child comes to class. We will reapply in the afternoon. Choose a sunscreen that provides broad spectrum UVA and UVB protection, is water resistant, hypoallergenic and fragrance free. An SPF of at least 15 to 30 is recommended.



Dress for Play

Our children will be running, jumping, and getting lots of exercise this summer. Closed shoes with rubber soles will help prevent injuries.



Summertime Food safety

Food borne illness and food poisoning increase during the summer months because bacteria grow faster in warm weather, especially at picnics, barbecues and camping trip . Here are some food safety tips:

- *Wash hands frequently with hot, soapy water before handling food, after using the bathroom, changing diapers, and handling pets.*
- *Pack clean wet disposable washcloths or moist towelettes for cleaning hands*
- *Wrap raw meats securely to avoid raw meat juices from coming in contact with ready to eat food.*
- *Wash plates, utensils or cutting boards that held raw meats before using again for cooked foods*
- *Cook food to proper temperatures. Meat and poultry cooked on the grill often brown quickly on the outside. In order to ensure that they are cooked thoroughly, use a meat thermometer.*
- *Refrigerate leftovers promptly, within 1 hour if possible*
- *Replenish ice in coolers as soon as it starts to melt*

- *Keep cooler out of the sun*
- *If you have any doubts, throw it out!*



Preventing Barbecue Accidents

Keep children away from barbecues and camp fires. It's a good idea to establish a safety zone around the grill or camp fire and instruct children to remain outside the zone. A chalk line or rope works great!



Treating Minor Burns

- *Hold the burned area under cool (not cold) running water for 10 to 15 minutes or until the pain subsides. If this is impractical, immerse the burn in cool water or cool it with cold compresses. Cooling the burn reduces swelling and pain by conducting the heat away from the skin. Ice should not be put on the burn.*
- *Cover the burn with a sterile gauze bandage. Don't use fluffy cotton or any material that may get lint into the wound. Wrap the gauze loosely to avoid pressure on the burned skin. Bandaging keeps the air off the burn, reduces pain and protects the skin.*
- *Always seek medical attention for blisters, peeling or blackening of the skin. If the area is on the face, hands, feet or abdomen, medical assistance is needed.*



Insect Bites

Insect repellents can protect your children from common insect bites, including mosquitoes, gnats, chiggers, etc. Safe and effective insect repellents include those with Deet, citronella and soybean oil. Should a bite occur:

- *Wash the area with soap and water.*
- *Avoid scratching*
- *Make a sticky paste of baking soda and water and apply to affected area*
- *Apply ice*
- *Use Calamine Lotion and an anti-inflammatory such as ibuprofen to reduce swelling and redness.*
- *An antihistamine such as Benadryl will also reduce inflammation.*



Poison Ivy

Within 8 hours to a week after exposure to the leaf, stems or roots of a poison ivy plant, symptoms begin to develop. These symptoms include:

- *An intense itchy rash*
- *Red bumps that often are in a straight line*
- *Blisters and vesicles that are filled with fluid*

Keep in mind that children exposed to poison sumac and poison oak can get these same symptoms. The symptoms may last for several weeks.

If you are exposed, you should quickly (within 10 minutes):

- *First, cleanse exposed areas with rubbing alcohol*
- *Next, wash the exposed areas with water only (no soap yet, since soap can move the oil from the poison ivy that triggers the rash, and make it worse).*
- *Now take a shower with soap and water.*
- *Lastly, put gloves on and wipe everything you had with you, including shoes, tools, and your clothing with rubbing alcohol and water.*

Unfortunately, if you wait more than 10 minutes, the oil will likely stay on your skin and trigger the poison ivy rash. You may not be able to stop it on your skin, but you might be able to prevent the oil from spreading to new areas by scrubbing your nails and wiping off your shoes, etc.

REMEMBER: LEAVES OF THREE... LET THEM BE!



ABC'S of Pool Safety

Nationally, drowning is the fourth leading cause of death in children under the age of five. Help protect your children from drowning by:

- *Never leave a child unsupervised near a pool.*
- *Instruct babysitters about the need for supervision.*
- *Completely fence in the pool.*
- *Do not consider young children drown proof because they have had swimming lessons.*
- *Do not use flotation devices as a substitute for supervision.*
- *Remove pool cover completely since children may become trapped underneath it.*

- *Remove steps to above ground pools when not in use.*
- *Keep toys away from the pool area because a young child playing with toys could accidentally fall in the water.*
- *Have a telephone at poolside to avoid having to leave children unattended in or near the pool to answer a phone.*
- *Learn CPR (Cardiopulmonary resuscitation.)*
- *Keep rescue equipment by the pool. (such as a shepherd's hook and/or a life preserver)*