

SUMMER SAFETY TIPS

By: Thuy Nguyen



FHF of Jefferson
201 Evans Road
Building One, Suite 100
Harahan, LA 70123
504.888.9111
504.888.0246 (fax)
www.fhfjefferson.org

It's the start of summer and for most children and their family – school is in recess! Unfortunately, statistics have shown that summertime is when a lot of injuries occur among children. Every year, 30 to 50 children are treated for injuries caused by falls from windows. Almost half of all unintentional injury-related deaths in the United States among children ages 14 and younger occur during the three months of summer. (*Statistics from University of Washington Medicine*) Fortunately, by talking to your children and taking proactive measures, such incidences can be avoided. I have mentioned a few below.

It is very important every family should have a well stocked first aid kit at home as well as have one in the car and one to bring along when going on a family trip. Keep a list of emergency numbers, such as number where parents can be reached, emergency medical services (911), doctor's, dentist, poison control, etc., where they are easy to find.

OUTDOOR SAFETY

Make sure children are always aware of their surroundings. They should be on the look-out for insects, poison ivy, as well as areas where they can trip or fall.

- Wear proper clothing: clothing should be light-colored and lightweight.
- Make sure to drink lots of water
- Watch out for wild animals.
- Know what to do if someone gets lost. Remind them that if they get lost, they should wait in a safe, sheltered place until an adult can find them.

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SUN SAFETY

Children will be eager to be outside enjoying outdoor activities. Take precautions since excessive exposure to the sun can cause suffering and permanent damage to the skin. The sun is at its peak from 10am to 4pm.

- Apply sunscreen that is at least SPF 15 (products with UVA and UVB protection). Children should wear water resistance sunscreen and it should be reapplied every two hours if swimming.
- Seek areas that are shaded such as under large trees.
- Wear long sleeves, wide –brimmed hats, sunglasses

WATER SAFETY

Children can drown in many different types of water sources such as bathtubs, buckets, swimming pools, spas, lakes, oceans, streams, etc.

- Children should have some formal swimming instructions.
- Adult supervision is very important especially when younger children are in or near the water. Adults should be within arm's length.
- Never swim alone, even good swimmers need buddies.
- Avoid inflatable swimming aids such as "floaties."
- When on a boat, children should wear life jackets along with the adults, making sure it fits properly. The jacket should not be loose and should always be worn with all straps belted.

BUG SAFETY

- Wear protective clothing such as long sleeves, long pants, and socks, especially in the evenings. Avoid wearing bright color clothing or flowery prints.
- Spray or rub insect repellent containing DEET.
- Remove visible stinger from skin by gently scraping it with a credit card or your finger.
- Call the doctor for any concerns or questions.

Visit these websites to find more safety tips:

<http://www.pbs.org/parents/summer/summer-safety-tips-for-kids/>

<https://www.healthychildren.org/English/news/Pages/Summer-Safety-Tips-Sun-and-Water-Safety.aspx>

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Summer-Safety-Tips.aspx>

<http://www.uwmedicine.org/health-library/summer-health-tips>

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