

It's Time for Summer Fun!

Time for barbecues, pool parties, backyard gatherings, and vacation getaways. It's the ideal time for the entire family to leave stress behind and have some fun. But, even summer fun comes with its share of cautions.

Health New England (HNE) wants to help keep you and your family safe from injury this summer. We hope you will use the valuable information in this brochure, *Summer Safety from A to Z*.

Summer can go by in the blink of an eye! Be sure to take some time to relax and enjoy the season but, most importantly, stay safe!

A MUSEMENT PARKS

are popular summer destinations, especially for families with small children. The National Safety Council suggests parents take the following precautions:

- Carry pictures of your children
- Choose a meeting place ahead of time in case someone gets lost
- Tell children to go to a park employee if they are in trouble
- Make sure kids know their parents' names
- Teach children never to go with a stranger

B ICYCLE HELMETS

can prevent brain injuries. Helmets should be positioned correctly and should fit snugly with the straps properly buckled. Parents should lead by example and wear bicycle helmets themselves.

C OOKOUTS & PICNICS

can be great fun as long as you handle food properly. Pack well-wrapped food in an insulated cooler that is kept in the shade with the lid on. Eat foods removed from the cooler within a two-hour time period and return leftovers to the cooler.

D RIVER FATIGUE

Stay alert on driving excursions!

- Get enough rest the day before
- Don't drive alone
- Never start a trip late in the day
- Avoid driving at night when you risk driving drowsy
- Do the driving yourself instead of using cruise control
- Keep your car's temperature cool
- Play the radio
- Stop every two hours to stretch your legs

E MERGENCY NUMBERS

Keep emergency numbers for your doctor and the Poison Center, next to each phone in your home.

F IREWORKS

can be dangerous!

Don't get burned by using fireworks at home! Play it safe! Enjoy the many professional, supervised firework displays with your family.

G RILLING FOODS

Keep your grill far from anything that can burn such as your home, car, dry vegetation, kids and pets. Run cool water over a burn for 10 to 15 minutes. Don't rub butter on a burn because it can seal in the heat and further damage the tissue. For serious burns seek medical attention immediately.

H EAT STROKE & HEAT EXHAUSTION

are serious hot weather emergencies!

If you see these signs or if symptoms become worse, seek medical assistance.

Warning signs for heat exhaustion include:

- high body temperature
- red skin with no sweating
- rapid pulse
- headache
- nausea or confusion

Warning signs for heat stroke include:

- heavy sweating
- paleness
- muscle cramps
- weakness
- headache
- nausea or fainting

I NSECTS

Insects can be a real summer nuisance. To keep mosquitos away, use insect repellent and citronella candles. Cover food at outdoor events to avoid attracting insects.

J UST SAY NO!

Just say no to drinking and driving. Even one or two drinks can affect how you drive. Choose a designated driver and make sure that person sticks to non-alcoholic beverages. If you're the driver and drink alcohol, give your keys to a sober friend or call a taxi.

K EEP COOL ON HOT DAYS!

Limit exertion and stay inside. Be sure those at high risk of heat-related illness - children and senior citizens - follow your lead.

L EARN CPR!

Parents and caregivers should be trained in CPR (cardiopulmonary resuscitation), especially if summer plans include swimming.

M OTION SICKNESS

causes vomiting, cold sweats, hyperventilation and headaches. To avoid motion sickness:

- Avoid eating heavy meals for at least two hours before traveling
- Eat light, easily digestible foods like crackers, bread and canned fruit
- Don't read in a car, plane, train or boat when it's moving
- Sit in the front seat of a car and focus your eyes on the horizon

N ATURAL HABITATS

should be kept natural. Don't litter. Leave parks and campsites cleaner than you found them.

O PEN WINDOWS-BEWARE!

Each year, thousands of young children are killed or injured in falls from windows. To help prevent these tragedies, take the following actions - especially for windows in bedrooms.

- Install window guards or window stops to prevent children from falling out of windows. For windows on the 6th floor and below, install window guards that adults and older children can open easily in case of fire.
- Never depend on screens to keep children from falling out of windows.
- Whenever possible, open windows from the top...not the bottom.
- Keep furniture away from windows, to discourage children from climbing near windows.

P LAYGROUNDS

are great fun but can pose safety hazards. Check the surface under the equipment to ensure it can absorb a fall. Wood chips are acceptable but concrete is not. Children should not wear clothes with drawstrings or loose straps, which can catch and cause strangulation.

Q UIZ YOUR CHILD ON STRANGER SAFETY!

Be sure that your children understand what a stranger is. Teach kids to yell or go to a safe spot, such as a friend's house or nearby store, when they feel they're in danger.

R IDING LAWMOWERS

have been the cause of many fatal accidents. Although many new riding mowers and tractors have new safety features they still

pose a danger. Be sure to follow all safety precautions. Children are often attracted to the mower and the mowing activity. Never assume that children will remain where you last saw them, and never have your child on your lap while moving.

SWIM SAFELY

Teach children to swim. Even good swimmers need buddies -make sure your child knows never to swim alone. Kids should obey swimming rules such as: swim with a buddy, don't dive into unfamiliar or shallow water, and never push or jump on others.

TICK BITES CAN LEAD TO LYME DISEASE!

Lyme Disease starts with a rash or flu-like symptoms. When in tick-infested woods and fields, use an insect repellent that contains deet. Wear light-colored clothing. After exposure, inspect your entire body for ticks -- some are as small as a pinhead. Remove ticks with tweezers and treat any bites with a topical antibiotic. If redness persists or a bulls-eye appears contact your doctor.

ULTRAVIOLET (UV) RADIATION

Basking in the sun is dangerous. Watch the daily UV Index and cover up. Wear a wide-brimmed hat, long-sleeved shirt, pants and sunglasses. Apply sunscreen with an SPF* of at least 15 and UVA/UVB protection. Limit your sun exposure from 10 a.m. to 4 p.m.

VERIFY YOUR KNOWLEDGE

of what poison ivy, oak and sumac look like. Teach your children, too! Learn which plants to avoid. A good rhyme to help teach your children to keep away from poison ivy is, "Leaves of three, let them be."

WATER

Water that's contaminated can lead to traveler's diarrhea, a common affliction in countries with poor sanitation. Always drink bottled water or water that's been boiled.

EXERCISE

take appropriate precautions to avoid heat stroke exhaustion when exercising outdoors. Always drink plenty of water to keep your body hydrated. Avoid exercising during the heat of the mid-day. Early morning or evening is best.

YARD MAINTENANCE

can pose safety hazards. Allow pesticides to dry before letting anyone in the yard. Keep the kids inside while you're mowing to avoid injuries from flying debris.

ZOO TRIPS

Remember, animals sometimes carry germs that are harmful to humans. It's important to remember to wash your hands as well as children's hands after petting an animal or bringing food into an area where animals are being housed.

ADDITIONAL RESOURCES

National Safety Council

1121 Spring Lake Dr.
Itasca, IL 60143-3201
800-621-7619 or 630-285-1121 • nsc.org

Bicycle Helmet Safety Institute

4611 Seventh Street South
Arlington, VA 22204-1419
703-486-0100 • bhsi.org

Center for Disease and Prevention

1600 Clifton Road, N.E.
Atlanta, GA 30333
404-639-3311 or 800-311-3435 • cdc.gov

U.S. Consumer Product Safety Commission

4330 East West Highway
Bethesda, MD 20814
800-638-2772 • cpsc.gov

