



# SUMMER

## *Safety Tips*

### WATER

- Never leave children near the ocean or pool unsupervised. Do not get distracted while supervising not even for a moment.
- There should be an adult / lifeguard nearby who knows CPR
- Keep a phone near you. Make sure there is rescue equipment handy, ie life vests or shepherd's hook
- Just because your child knows how to swim does not mean they are SAFE!

### BUGS

- Don't use scented soaps, perfumes or hairspray. Avoid gardens in full bloom. Don't wear bright colors.
- Only use insect repellents on children 2 months and older. There should not be more than 30% DEET in the repellent.
- Avoid the combination sunscreen and insect repellent products because sunscreen needs to be reapplied every 2 hours and insect repellent should not.
- Do not apply under clothing. Wash off repellent when you come back inside

### SUN

- Use a sunscreen with at least 15 SPF or sun protection factor. Use a sunscreen that says "broad spectrum"
- Stay out of the sun or limit your sun exposure. Apply sunscreen at least 30 mins before going out in the sun. Reapply every two hours after swimming or sweating

Stay hydrated. Sunstroke can occur when over exposed to the heat. If you have a headache or slurred speech seek medical attention immediately

### JELLYFISH

- If you or someone is stung do not pour cold water or rub the area to make the pain go away. Tentacles may still be on the skin and that could make it worse
- Rub a paste of baking soda and water on for 30 mins to neutralize the toxin. Then take a credit card or straight edge and scrape off the tentacles.



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## Safety Tips

Don't  
Flip-Flop  
on Your Next  
Title Order!  
Stick with  
Orange  
Coast  
Title.



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# POOL SAFETY TIPS



Each year there are over 200 young children that drown in residential swimming pools and hot tubs which can turn a fun day into a tragedy.

The next time you plan a swim day please be sure to use the best safety measures and precautions to ensure your children are safe. The American Red Cross has put together some tips and suggestions to make pool safety a priority.

- Secure your pool with appropriate barriers. Completely surround your pool with a 4-foot high fence or barrier with a self-closing, self-latching gate. Place a safety cover on the pool or hot tub when not in use and remove any ladders or steps used for access. Consider installing a pool alarm that goes off if anyone enters the pool.
- Keep children under active supervision at all times. Stay in arm's reach of young kids. Designate a responsible person to watch the water when people are in the pool—never allow anyone to swim alone. Have young or inexperienced swimmers wear a U.S. Coast Guard-approved life jacket.
- Ensure everyone in the home knows how to swim well by enrolling them in age-appropriate water orientation and learn-to-swim courses.
- Keep your pool or hot tub water clean and clear. Maintain proper chemical levels, circulation and filtration. Regularly test and adjust the chemical levels to minimize the risk of earaches, rashes or more serious diseases.
- Establish and enforce rules and safe behaviors, such as “no diving,” “stay away from drain covers,” “swim with a buddy” and “walk please.”
- Ensure everyone in the home knows how to respond to aquatic emergencies by having appropriate safety equipment and taking water safety, first aid and CPR courses from the Red Cross.

The American Red Cross and National Swimming Pool Foundation® have partnered to create an online Home Pool Essentials course that describes steps home pool owners can take to prevent tragedy and keep a well maintained pool or hot tub. The course is available at [www.HomePoolEssentials.org](http://www.HomePoolEssentials.org). This information was gathered from the Red Cross. [www.redcross.org](http://www.redcross.org).



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