



SUMMER SAFETY

Stay safe this summer by
following these tips below!

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.

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.

WATER

- Never leave children near the ocean or pool unsupervised. Do not get distracted while supervising not even for a moment.

WATER *Continued...*

- There should be an adult nearby who knows CPR.
- Keep a phone near you. Make sure there is rescue equipment handy, i.e. life vests or shepherd's hook.
- Just because your child knows how to swim does not mean they are SAFE!

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.

POOL SAFETY

- Secure your pool with appropriate barriers & covers, and remove any ladders or steps when not in use.
- Keep children under active supervision at all times.
- Ensure everyone in the home knows how to swim well.
- Keep your pool or hot tub water clean and clear. Maintain proper chemical levels, circulation and filtration.
- 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.