# Safe kids Healthy kids Happy kids Brought to you by Brought to you by

# Summer Safety Tips

Doctors want you and your family to have a safe and happy summer.

#### Fun in the Sun for Babies under 6 months:

- Avoid sun exposure as much as possible.
- Dress your infant in lightweight long pants and long-sleeved shirts.
- Put baby in a hat with a brim.
- If this clothing and shade are not available, apply a very small amount of sunscreen. Remember small areas like the baby's face and the back of the hands.



- Cover up when in the sun. Wear cotton clothing with a tight weave.
- Wear sunglasses. (Buy sunglasses that block 99-100% of ultraviolet rays.)
- Wear a hat with a 3 inch brim. Be sure the bill faces forward
- Use a sunscreen with an SPF of 15 or greater. Apply enough sunscreen about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours. Also apply after swimming or sweating.

### **Pool Safety**

- Always stay with your child in or near the pool. An accident only takes a moment.
- Put a 4 foot high fence around all four side of the pool. Keep a child from getting over, under or through the fence.
- Use a self-close and self-latch pool gate. The latch should be out of a child's reach.

- Keep rescue equipment and a portable phone near the pool. Keep a life preserver by the pool.
- Avoid inflatable swimming aids such as "floaties". They are not approved for life-saving. Children may have a false sense of security using them instead of a life-jacket.
  - Remember that children may not be ready for swim lessons until after their fourth birthday. They may not be ready mentally and/or physically. Swim programs for kids under age 4 are not a way to decrease a child's risk of drowning.
- Always watch children closely while they are in the water. An adult should always be within arm's length. They should provide "touch supervision".

## Bug safety

- Use insect repellents that contain DEET. They are the most effective. Concentration of DEET ranges from 10% to 30%. Read the label carefully. Do not use anything over 30 %. DEET should not be used on children under 2 months of age.
- Avoid scented soaps, perfumes or hair sprays on your child.
- Avoid places where insects gather. Places include stagnant pools of water, uncovered food and flower gardens.
- Do not dress your child in clothes with bright colors or flowery prints.
- To remove a visible stinger from skin, gently scrape it off with a credit card or fingernail.



For other safety tips, log onto www.aap.org.

Call the Parent Help Line. We listen. We can find you help. 1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.