

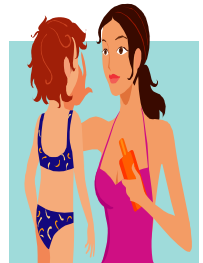


SUMMER SAFETY TIPS

Water Safety

It only takes 1 inch of water for a drowning to occur and only 20 seconds for a child to lose consciousness.

- Always watch your child around water. Never leave a child alone around water, not even for a second.
- Keep toys stored in an area separate from the pool when they are not being used.
- Learn CPR and keep CPR instructions in the pool area.
- Learn to swim and make sure your child learns to swim.



Sun Safety

1 in 5 Americans develop skin cancer and about 23% of lifetime sun exposure occurs before the age of 18 according to the National Safety Council.

- Always put sunscreen (SPF 15 or higher) on your child before going out in the sun, even on cloudy days.
- Play in the shade! The sun's rays are the strongest between 10 am and 4 pm.
- Have your child wear a hat and sunglasses with UVA/UVB ray protection.
- If your child is THIRSTY s/he is already becoming dehydrated. Encourage your child to drink plenty of fluids, especially WATER to prevent dehydration.

Car Safety

The temperature inside a parked car can reach 125 degrees in just minutes even with the windows down.

- NEVER leave a child of any age in a vehicle ALONE for any amount of time.
- Teach your child that cars are not places to play. Do not allow your child to play in or near cars.
- Back up with care, consider installing a cross view mirror or back up detection device on your vehicle.
- BUCKLE UP! Make sure your child's car seat/booster seat is installed correctly. Contact your local fire department for information on upcoming car seat inspection/installation events.



Bug Bites and Stings

Most insect bites and stings are not serious, but some people may have an allergic reaction and, sometimes, diseases can spread by insect bites.

- Avoid using scented products on your child. Fragrances can attract insects.
- Keep your child's skin covered up. Dress your children in long sleeves and pants when they will spend extended time in the sun.
- Dress your child in light colored clothing.
- Keep screens on doors and windows to prevent bugs from coming inside.
- Keep the Banner Poison Control Center's 24 hr Hotline number **1-800-222-1222** on hand for guidance if your child is bitten or stung.

*If you would like additional information, please call
480-834-9424*