

inspired

[to make healthy choices]

Volume 4 Issue 6 www.guideinc.org

Summer Safety

Summer is a great time to get outdoors and enjoy many activities.

Be sure to stay safe & healthy while enjoying the summer fun.

FIREWORKS SAFETY



Accidents with fireworks can result in severe burns, blindness & scars.

Even those thought to be "safe," like sparklers, can reach temps above 1000° F.

Attend community fireworks displays run by professionals rather than doing them at home. (AAP)

BUG SAFETY

- Biting insects (mosquitoes, ticks, fleas, chiggers) can carry dangerous viruses.
- Insect repellents with DEET are considered the best defense against biting insects but caution should be used.
- The CDC recommends alternative repellents that may work as well as DEET but do not protect for as long.
- Essential oils found in plants such as citronella, cedar & eucalyptus are natural alternatives. (AAP)



FOR A TICK-SAFE YARD:

Remove leaf litter

Mow the lawn frequently

Apply a tick pesticide to the yard. (CDC)

SUN SAFETY

Wear a hat with a 3" brim to shield face, neck & ears.

Make sure your sunscreen says "broad-spectrum" that will block both UVA & UVB rays.



Use enough sunscreen to cover all exposed areas; put it on 15-30 minutes before going outdoors and apply every 2 hours. (AAP/CDC)

WATER SAFETY



Always supervise children when in and around water. (CDC)

Never swim alone in open water (oceans, lakes and rivers).

Seek shelter in case of a storm. (AAP)

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