



SUMMER TIPS



- Apply sunscreen to your child at least twice an hour when around water to prevent sunburn.
- When applying sunscreen to your child, use at least an SPF 30 that blocks both UVA and UVB rays to prevent sunburn and long-term skin damage.
- Your child should avoid direct sunlight between the hours of 10 AM and 4 PM to prevent sunburns.
- Infants under 6 months of age should be protected from direct sunlight at all times by a shade or clothing and sunscreen.
- Use a hat or sunglasses to protect child's eyes from sun damage.
- When using DEET-containing insect repellants, avoid applying them to the hands, feet and face to prevent children from getting them in their mouths.
- Children should wear helmets at all times when riding bicycles or scooters and when rollerskating or rollerblading to prevent head injuries.
- Providing a good example to your child by wearing a bicycle helmet when riding can prevent struggles over helmet use.
- Never leave your child unattended in the car, even if it is only for a few minutes. Cars can reach dangerously high temperatures within minutes when the weather is warm.
- Ensure access to plenty of water for your child to drink during outdoor activities to prevent dehydration during warm weather.
- Teach your child to never go into a pool or the ocean to swim unattended to prevent drowning.
- Your pool should be surrounded by a high fence with a locking gate that latches on the inside to prevent children from swimming unattended.
- Watch children closely to avoid accidental poisonings from hazardous cleaning solutions while you are doing your spring cleaning. If possible, have another family member take care of your children while you are cleaning and store all cleaning supplies out of reach of young children.
- If your child has seasonal allergies, they should continue to take their allergy medication daily through the end of the pollen season for the best results.

