

MONTHLY MESSAGE: Summer safety Tips for Families!



The warm summer months provide the perfect opportunity to spend time outdoors swimming, biking, fishing, walking and more! While it's a time for great fun, it is important to remember the potential for accidents. The more information you have and use the less likely it is for accidents to occur!

Safety begins the moment you walk out your door to enjoy any summer activity. It is already a big task to get your family ready, gather all the items you need, and get everyone safely buckled into your vehicle. With so many tasks on your mind, it's easy for parents and caregivers to forget a step, like making sure your child isn't in the backseat. It's important to know the risks and consequences associated with leaving kids in cars — especially hot cars.

Risks

- In 10 minutes, a car can heat up 20 degrees Fahrenheit.
- Cracking a window does little to keep the car cool.
- With temperatures in the 60s, your car can heat up to above 110 degrees.
- A child's body temperature can rise up to five times faster than an adult's.
- Heatstroke can happen when the temperature is as low as 57 degrees!
- A child dies when his/her temperature reaches 107.

Prevention Tips to Avoid a Tragic Heatstroke

- Don't let your kids play in an unattended vehicle.
- Never leave infants or children in a parked vehicle, even if the windows are partially open.
- Keep a large teddy bear or other stuffed animal in the car seat when it's empty. Move the teddy bear to the front seat when you place the child in the seat as a visual reminder.
- If you are dropping your children off at childcare, but normally your spouse or partner drops them off, have your spouse or partner call you to make sure they were not left.
- Become vigilant about looking in the vehicle before locking the door. Always look in the front and back.

Bystanders - If you see a young child locked in a parked car for more than 5 minutes:

- First make sure the child is okay and responsive. If not, call 911 immediately.
- If the child appears okay, you should attempt to locate the parents; or have the facility's security or management page the car owner over the PA system.
- If the child is not responsive and appears in great distress, attempt to get into the car to assist the child, even if that means breaking a window.
- If the child is in distress due to heat, get the child out of the car as quickly as possible. Cool the child rapidly (not in an ice bath) by spraying the child with cool water.



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KENTUCKY GOVERNOR'S
OFFICE of EARLY CHILDHOOD
Ready to Grow, Ready to Learn & Ready to Succeed



There are many summer activities, so there are many areas of safety to consider. We will only cover a short list here, but think about researching online or talking with professionals before you and your family try a new activity.

Helmet Safety

- An appropriate helmet must be worn whenever a child is “on wheels.” This means bicycles, scooters, skates, skateboards and more!
- The helmet must fit properly.
- Helmets can be life saving and can protect a child from serious injury.
- Be sure the right type of helmet is being used. For example, a bike helmet needs to be used for biking.
- Moms and dads should wear helmets as well.

Pedestrian Safety

- Teach children to walk, not run, across the street.
- Children should cross only with an adult or an older, responsible child.
- When crossing the street, try to make eye contact with any drivers nearby, to be sure they see you.
- Teach children to avoid running out from between parked cars.
- Use sidewalks whenever possible.
- Always hold your child’s hand near any moving or parked vehicles.

Water Safety

Adult supervision is of the utmost importance. Parents need to focus on their children 100 percent of the time!

- At all times, the supervising adult is within an arm’s length of the child being watched, when near or in the water.
- Remember, no child or adult is “drown proof.”
- Children can drown in many different water sources including: bathtubs, toilets, buckets, baby pools streams, rivers, oceans and more.

Sun Protection

- Avoid sun exposure during peak sun hours (10AM-6PM).
- Wear protective clothing and sunglasses.
- Sunscreen is a must (on sunny and cloudy days)! Look for products with UVA and UVB protection and an SPF of at least 15.
- Sunscreen should be applied liberally 30 minutes before going out in the sun, and reapplied every two hours or sooner if swimming or sweating.
- Look for shade whenever possible.

Dehydration and Heat-Related Illnesses

- Keeping well hydrated is very important and children (and adults) must remember to drink. Do not wait until a child says he is thirsty before offering fluids. At this point, he is already dehydrated, so be sure to provide plenty of fluids before, during and afterward being in heat.
- Seek medical attention immediately for any signs of heat-related illness.

Tick Bites

Ticks are responsible for a variety of illnesses including Lyme disease which can be very serious.

- Wear protective clothing (long sleeves, long pants, tucking pants into socks).
- Use tick/bug repellent and insect repellent for pets.
- Keep away from overgrown areas.
- Perform tick checks on all family members.

For more information on summer safety, you can visit the American Academy of Pediatrics, the American Academy of Dermatology and many more online resources!