

Keep Kids Safe This Summer

Many of summertime's pleasures carry health risks for children. You can help them avoid these hazards by taking simple precautions.

Bad Bugs

- To stay safe from mosquitoes and ticks:
 - Consider keeping children indoors at dawn and dusk, when mosquitoes are most active.
 - Apply an insect repellent that contains no more than 30% DEET.
 - Have them wear pants, long-sleeve shirts, socks and shoes when walking in the woods or tall grass.
 - Check their hair and skin for ticks after they spend time outdoors.

Bikes and Boards

- Make certain they wear helmets that meet the CPSC safety standard and fit properly. When skateboarding, add wrist, knee and elbow pads.
- Double-check their bicycles are the proper size, and adjust the seats to the right height.
- Be sure they know and follow the rules of the road.

Heat Hazards

- Have fun with outdoor activities during the morning and after dinner, the coolest hours of the day.
- Dress kids in lightweight, loose-fitting, light-colored outfits.
- Be sure they drink plenty of water, even when they don't feel thirsty.

Sunburn

- Limit time in the sun, particularly between 10 a.m. and 4 p.m., when the sun's rays are at their peak.
- Apply sunscreen, even on cloudy days. Use a water-resistant sunscreen with an SPF of at least 30 that protects against UVA and UVB rays.
- Have children wear sunglasses and wide-brimmed hats.

Water Safety

- Teach children to swim or enroll them in swimming lessons.
- Install a fence with a self-closing and self-latching gate if you have a home pool.
- Watch children at all times when they are in or near water.
- Let them dive only in areas designated for diving.

