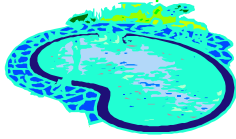


# SUMMER SAFETY TIPS

from the American Academy of Pediatrics

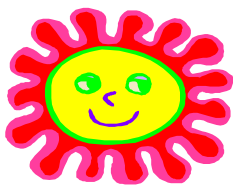
You can visit their Web site at [www.aap.org/advocacy/releases/maysafety.htm](http://www.aap.org/advocacy/releases/maysafety.htm)

*Below are some tips to help you and your family enjoy a safe summer.*



## POOL SAFETY

- Never leave children alone in or near the pool, even for a moment.
- Make sure adults watching young children in the pool know CPR and can rescue a child if necessary.
- Surround your pool - on all four sides - with a sturdy five-foot fence.
- Make sure the gates self-close and self-latch at a height children can't reach.
- Keep rescue equipment (a shepherd's hook - a long pole with a hook on the end - and life preserver) and a telephone near the pool.
- Avoid inflatable swimming aids such as "floaties". They are not a substitute for approved life vests and can give children a false sense of security.
- Children are not developmentally ready for swim lessons until after their fourth birthday. Swim programs for children under 4 should not be seen as a way to decrease the risk of drowning.
- Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision."



## FUN IN THE SUN

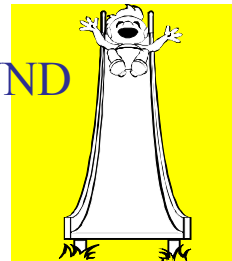
- Babies under 6 months of age should be kept out of the direct sunlight. Move your baby to the shade or under a tree, umbrella, or the stroller canopy.
- Dress babies in lightweight clothing that covers the arms and legs and use brimmed hats.

- Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days.
- The sun protection factor (SPF) should be at least 15.
- Try to keep children out of the sun between 10 am and 4 pm. That's when the sun's rays are strongest.
- Don't use scented soaps, perfumes or hair sprays on your child.



- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- Avoid dressing your child in clothing with bright colors or flowery prints.
- To remove a visible stinger from skin, gently scrape it off horizontally with a credit card or your fingernail. You can also remove a stinger by pinching it out with a pair of tweezers or your fingers.
- Carefully maintain all equipment.

## PLAYGROUND SAFETY



- Swings should be made of soft materials such as rubber, plastic or canvas.
- Make sure children cannot reach any moving parts that might pinch or trap any body part.
- Make sure metal slides are cool to prevent children's legs from getting burned.