

SUMMER SAFETY

Warmer weather brings out additional hazards such as poisonous plants and stinging insects. We see an increase in trauma in the summer months and more people use the water for recreation. The basic rules hold true. Never leave your child unattended. Practice common sense and know what to do in case of an emergency. With that in mind, there are some specific points we wish to share with you to help you keep your child safe.

Sun Sense

An infant's skin is much thinner than an adult's. Not only do young children sunburn faster but they also overheat and dehydrate in the sun.

Infants may burn even with indirect exposure to the sun. Over six months, if sun exposure is anticipated, apply a sunscreen with a sun protection factor (SPF) of at least 15 to exposed areas. This should be applied at least a half hour before going out and repeated every 60 to 90 minutes.

Water Safety

Drowning is the 4th leading cause of death in children under the age of five in the United States.

To help keep your child safe:

- 1) Never allow a child to play around water unsupervised
- 2) Never use a pool with a cover partially in place
- 3) Pools should be fenced in and locked when not in use
- 4) Wading pools should be emptied when not in use
- 5) All parents should consider enrolling in a CPR class.

Stings and Bites

Fortunately, there are few dangerous insects or animals in our area. We have few ticks and no reported Ixodes (deer) ticks; No poisonous spiders or snakes either.

We do have lice, giardia, mosquitoes, and stinging insects.

For Hymenoptera (bees, wasps, hornets etc.), if you see a stinger, gently scrape it off with a fingernail. Do not squeeze it. Apply ice and a paste made from meat tenderizer. If there are hives or trouble breathing, call us.

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Rabies

Rabies is a serious viral infection that affects the nervous system of mammals. It is carried in bats, raccoons and skunks but any warm blooded mammal (fox, dog, deer, etc.) may be infected. Be wary of any animal out of place or acting strangely. If you are bitten or scratched by any wild or sick animal, you should seek medical attention immediately. If bitten by someone's pet, call the health department hotline.

Make sure your pets are up to date in their vaccinations.

Heat Exhaustion and Heat Stroke

Children and adolescents who exercise in hot weather are vulnerable to heat illnesses. In addition, infants may be prone to develop heat illness because their regulatory mechanisms are undeveloped. Your children should avoid strenuous exercise during periods of high heat and humidity. They should wear lightweight clothing and drink plenty of cool water. Never leave infants in a closed up car.

The symptoms of heat exhaustion include headache, nausea and vomiting. There is sweating, but a normal body temperature. Therapy consists of removing the child to a cool environment, cool compresses and administering fluids. With heat stroke however, the body's regulatory mechanisms have failed and the body temperature increases to greater than 105 degrees and symptoms include agitation, confusion and lethargy, perhaps coma. This is an emergency and therapy consists of rapid cooling with ice on the groin and armpits or an ice water bath. Call 911.

*Remember, to wear your
bike helmet!*

Keep young children away from lawnmowers and never let them ride on a riding mower with you.

Head and wrist injuries are common with rollerblading or skateboarding. Make sure that everyone wears their helmets and wrist guards.

Each year, thousands of children are poisoned by contact with plants. Become familiar with the dangerous plants in your area, yard and home. Teach children to recognize poison ivy. Keep poisonous plants out of reach at home.

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