

## **Keeping Our Children Safe** **Tips for Summer Fun**

- You all know how important sunscreen is, but did you know that it expires? A good rule of thumb is to use the sunscreen in the same season that you bought it, then toss it.
- Swallowing a lot of pool water can cause electrolytes imbalance by altering the salt to water ratio. This can lead to vomiting, lethargy, and, in extreme cases, seizures.
- Bee sting? Make a paste of meat tenderizer (the non-flavored kind) and water and rub it on the sting. It will help break down the toxins quickly.
- A popsicle makes a great ice pack for “owies” in or on the mouth.

Summer fun can bring accidents. No matter how careful we are with our children, accidents will happen. When one happens, taking care of it quickly is vital. Having a First Aid kit handy can relieve the pain and worry for both the parent and the child. You can either purchase a kit and add things or make your own. Here are a list of items recommended to have on hand:

- Tote bag or small box/ one for the car & one for the house.
- First aid manual, read it before you need it.
- Syrup of Ipecac (check the expiration date) to counteract certain poisons
- Disposable, instant-activating ice bags, used to minimize swelling
- Small scissors
- Tweezers
- Gauze pads
- Adhesive tape
- Adhesive bandages, various sizes
- Over the counter antihistamine, for minor allergic reactions
- Hydrocortisone cream
- Antiseptic cream
- Acetaminophen for pain, fever, sprains & strains

Also tape important phone numbers in the lid, Poison Control, your doctor, etc. You may also want to keep a copy of your health insurance information in the box.

Learn CPR and the Heimlich maneuver. Hopefully, you'll never need it but if you do you'll be ready.