

# Health and Wellness Seminar

## June 2015 Summer Safety



When the last school bell of the school year rings, children race outside, and parents reach for the first aid kit. Summer activities often bring scrapes and bruises – or worse. Here are simple things you can do to ensure that your children's summer fun involves minimal risk.

### Prevent Heat Stress and Dehydration

It seems so simple, and it's so easy to forget. Children need to stay hydrated. Playing in the hot sun without water breaks can lead to heat exhaustion or heat stroke, which can be life threatening.

### Watch Your Children Around Water

Between ages 1 and 14, drowning is the second leading cause of death. "Parents should make sure their kids get swimming lessons," says Moss. And when your child is around water, whether it's at the beach, a pool, lake, or river, make sure an adult who knows how to swim is there to supervise. It's a good idea to have your child buddy up with a friend while swimming, but a child's eyes should never replace those of an adult. If you have your own pool, be sure to install a fence with a gate so children can't wander in unsupervised.

### Keep a First Aid Kit on Hand

You can purchase a first aid kit at a local drug store and supplement it with things like the phone numbers of your family pediatrician, health insurer, along with a list of any conditions or allergies your children have. If anyone in your family has a condition that could require emergency medication, add the drug to the kit. Be sure to keep the kit well stocked and replace expired prescriptions.

### Screen Kids From Sunburn

The sun is at its peak between 10 a.m. and 2 p.m. Especially during these hours, children risk getting burned if they spend long periods in the sun. Clothes, shade, and sunscreen are all good ways to protect your child's skin. Equip your child with a brimmed hat, sunglasses that block ultraviolet rays, and cotton clothes that cover as much skin as possible. Apply sunscreen with 30 SPF or higher, and be sure to reapply every 2 hours, more often if swimming or sweating. Avoid lotions that combine sunscreen and bug repellent. Sunscreen needs to be applied more often than bug cream.

Please register with Human Resources no later than: Wednesday, 06/17/2015

Our mission is to promote Health awareness and to encourage healthy lifestyles.



Thursday, June 18, 2015  
2:30 p.m. – 3:30 p.m.  
Council Chambers

Presented by Mission Regional Center  
Education Department

The Human Resources Department, in conjunction with Mission Regional Medical Center, hosts health and wellness seminars each month. Employees receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing [achapa@missiontx.us](mailto:achapa@missiontx.us).

