
















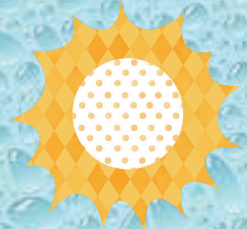
Southwest Nebraska Public Health Department



Summer Safety Tips

-  Heat stress /stroke can be prevented. Keep kids well-hydrated, take frequent breaks when playing outside, and watch for symptoms such as thirst, cramps, fatigue, dizziness, nausea, vomiting, headaches, and fever. Never leave a child or let him/her play in a hot car.
-  Watch for hot playground equipment surfaces to prevent burns.
-  Be aware of the risks of not applying sunscreen on your children, sunburns are still common (especially if lotions are not used properly).
-  Childproof your pool by enclosing it in a fence with a self-closing and self-latching gate and supervise your kids around the pool, even if they know how to swim.
-  Have children who don't know how to swim wear a life vest instead of "floaties" when they are in the pool and always have your child wear a life vest when at the lake or river, even if they know how to swim. Swimming lessons are good to start at about four to five years old, the age when most kids can learn to swim.
-  Avoid pourable gel fuel for firepots that have recently been recalled.
-  Keep younger kids away from lawnmowers despite the need for a summer job or simply wanting to help. The American Academy of Pediatrics advises that children younger than 16 years old should not be allowed to use ride-on mowers; children younger than 12 should not use walk-behind mowers.
-  Use insect repellents when necessary. A parent needs to apply the repellent.
-  Do a daily tick check if your kids have been playing outdoors, especially in or near wooded areas.
-  Outfit your kids with appropriate protective gear, such as a helmet and pads, when they ride a bicycle, skateboard, roller skates, etc..
-  Do not let your kids play with fireworks. Instead, visit a public fireworks display during the fourth of July.
-  Do not eat food that has been left out for more than an hour at barbecues and family picnics, which can cause food poisoning.
-  Teach your kids to recognize and avoid poison ivy.

Walk to Health July 2011 Newsletter

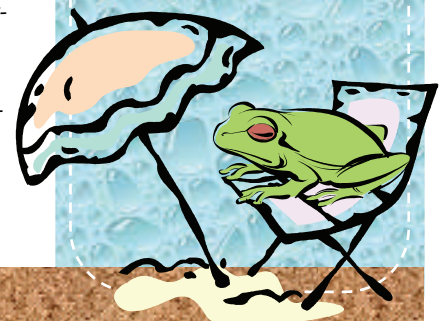


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Summer



Swimmer's Ear

Children with swimmer's ear (otitis externa) have inflammation in their external ear canal. It is usually caused by water irritating the skin inside the ear, which then becomes infected with a bacteria, or more rarely, a fungus.

Prevention of Swimmer's Ear

In general, you can prevent swimmer's ear by keeping water out of your kids' ears. Use an over-the-counter ear drying agent that contains isopropyl alcohol.

Although some experts think that earplugs are irritating and can lead to swimmer's ear, you can also keep water out of your kids' ears by using a barrier, like earplugs. If your kids have a hard time keeping their earplugs in, consider also using a neoprene swimmer's headband.

What You Need To Know

- Swimmer's ear is usually caused by an infection with the *Pseudomonas aeruginosa* or *Staphylococcus aureus* bacteria.
- You can often prevent swimmer's ear by keeping water out of your child's ears.
- Ear wax may be protective against swimmer's ear, so don't aggressively remove wax from your child's ear. Cleaning your child's ears with a cotton-tip applicator may also put them more at risk for swimmer's ear.
- Pools that are poorly maintained are more likely to spread swimmer's ear.
- Follow your doctor's orders for treatment of the infection.

Game of the Month

Kid Tested and Approved

Sponge Pass

Outdoor or Indoor (need more towels if indoors). Simple, but fun, especially on a hot day! Divide your group in rows. In front of each row place a bucket with water and a sponge. At the back place an empty bucket to collect water. When the timer starts, the person in the front dips the sponge and passes it to the back and the last person squeezes the water into the bucket. The row that manages to collect the most water wins.



Water Safety—Avoid Water-Borne Illnesses

In addition to teaching your child to not swallow water when swimming or playing in the water, you can help keep your child and everyone else healthy in the water if you:

- keep your child out of the water when he has diarrhea, pink eye, hepatitis A, or other contagious diseases.
- don't let your child in the water if he has an open wound, since it could become infected.
- don't let your child in the water if he has a draining wound, especially MRSA, since it could infect others.
- don't share pool or beach towels.
- encourage your child to take a shower or bath before swimming.
- encourage your child to wash his hands after using the bathroom, especially if he is going to get back in the water.
- take younger children to the bathroom frequently so that they are less likely to have accidents in the water.
- keep in mind that swim diapers and swim pants are not leakproof and may seep germs into the water. So check and change them frequently for your infants and toddlers who aren't yet potty trained.
- don't change diapers by the pool. Instead, take your child to the bathroom to change his diaper and then wash your child's bottom well and wash your hands too.

Snacks of the Month—

Kid Tested and Approved

Deviled Egg Boats

Make deviled eggs as per recipe. Cut green, yellow, red, or orange bell peppers for the sails.



Crazy Cucumber Snakes

Serve your kids this cool treat.

Arrange the cucumber slices as shown, then add an olive eye, a red pepper tongue, and a snake pit of hummus or dip.





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FIND THESE WORDS

Camping
Picnic
Umbrella

Fish
Sandcastle
Water

Lifejacket
S'mores

Sun
Swim

Sunscreen
Swimsuit

404 W 10th Street, McCook, NE 69001 • (308) 345-4223 • www.swhealthdept.com

Summer Time Fun

Exercise for the Brain

COUNT THE FROGS

How many frogs can you find?

1. Look at every page of this newsletter.
2. Count the frogs.
3. Ask a parent to call : (308) 345-4223 and tell us how many frogs you have found.



If you find the right number of frogs,
you will get a prize!

