

## On-Line Resources

- American Academy of Pediatrics has a fact sheet of common safety tips for children. Click here to learn more: [www.aap.org/advocacy/releases/summertips.cfm](http://www.aap.org/advocacy/releases/summertips.cfm)
- The Centers for Disease Control has prepared many downloadable fact sheets for getting children ready for summer camp. Click here to learn more: [www.cdc.gov/Features/SummerCamp/](http://www.cdc.gov/Features/SummerCamp/)
- The Food and Drug Administration has more information about sun safety at this weblink: [www.fda.gov/ForConsumers/ConsumerUpdates/ucm049090.htm](http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm049090.htm)



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[www.inova.org/chp](http://www.inova.org/chp)

# For Your Health

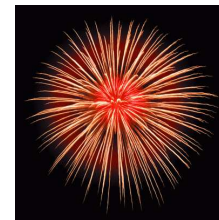
## Summer Safety Tips

Summer is a great time to enjoy the outdoors, enjoy fresh fruits and vegetables, take a vacation, and have fun.

It's also a time to pay close attention to your health and safety.

About 47% (nearly half) of persons injured from fireworks are young people under twenty years of age. Injuries are most commonly associated with fire-crackers, sparklers, and bottle rockets.

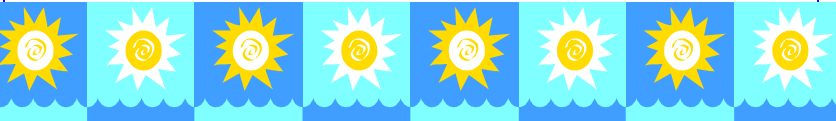
- Leave firework displays to trained professionals.
- Never allow children to play with or ignite fireworks.
- If using fireworks, have a fire extinguisher nearby in case of a fire.
- Be sure other people are out of range before lighting fireworks.



Whether you plan to grill or picnic in the park, be sure your foods are prepared properly. Food borne disease is caused by consuming contaminated foods or beverages. An estimated 76 million cases of food borne disease occur each year in the United States. Most of these cases are mild and cause symptoms for a day or two, but some cases are more serious and require hospitalization.

- Eat plenty fruits and vegetables daily.
- Wash your hands before eating or preparing food.
- Cook all foods to the proper temperatures.
- Refrigerate foods promptly.
- Always wear sun protection.

*Congregational  
Health  
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is a program of  
Inova  
Community  
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Articles in this newsletter are not a substitute for the care and advice of medical professionals. When you have a question or need medical advice, diagnosis or treatment, consult your physician.

This newsletter is produced by Inova Health System in conjunction with your faith community. If you prefer not to receive this newsletter, please notify the appropriate personnel in your faith community.

Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services, including emergency- and urgent-care centers, home care, nursing homes, mental health and blood donor services, and wellness classes.

Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.

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## FOR YOUR HEALTH

### Playground Safety

Playgrounds can provide many hours of summer fun for young children. Adults should supervise children on playgrounds and make sure:

- Safety-tested mats or loose-fill materials (sand, wood chips, bark).
- Swing seats should be made of soft materials such as rubber, plastic or canvas.
- Make sure metals slides are cool to prevent children's legs from getting burned.
- Never allow children to attach ropes, leashes or jump ropes on playground equipment, as children can strangle on these.
- Make sure children cannot reach any moving parts that might pinch or trap any body part.

### Lawn Mower Safety

- Try to use a mower with a control that stops the mower from moving forward if the handle is let go.
- Children younger than 16 years should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers.
- Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.
- Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Have anyone who uses a mower wear hearing and eye protection.
- Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind you when you mow in reverse.
- Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.
- Do not allow children to ride as passengers on ride-on mowers.

## FOR YOUR HEALTH

### Heat Stress

The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.

Before any prolonged outdoor physical activity in heat, adults and children should be well hydrated. During the activity, periodic drinking of water, and if strenuous sports activities, a flavored sports drink should also be used in conjunction of drinking water to replenish electrolytes.

To avoid heat stress, light colored, lightweight clothing should be worn during high heat and humidity days. One layer of absorbent material can be worn to help facilitate evaporation of sweat.

When possible, sporting games and practices should be shortened during the high heat time periods of the day 10am-4pm. More frequent water and rest breaks should be given if games can not be played later in the early evenings.

### Bug Safety

- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom
- Avoid dressing in clothing with bright colors or flowery prints.
- Use insect repellents containing DEET when needed to prevent insect related diseases such as ticks which can transmit Lyme Disease, and mosquitoes which can transmit West Nile Virus and other viruses. Children should wash off repellents when they come back indoors
- To remove a visible stinger from skin, gently back it out by scraping it off horizontally with a credit card or your fingernail.
- Limit the amount of scented soaps, perfumes or hair sprays you use if you are going to be outdoors.