

# Summer Safety

## POOL SAFETY

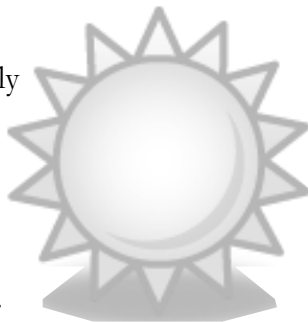
- Don't let children swim with diarrhea. They can spread germs in the water and make other people sick.
- Don't swallow the pool water and avoid getting water in mouth.
- Practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
- Change diapers in a bathroom or a diaper-changing area and not at poolside. Germs can spread in and around the pool.



## PREVENT SUNBURNS

*Rub on sunscreen, put on a hat, and cover up!*

- Use sunscreen with at least SPF 15 and UVA/UVB protection every time your child goes outside.
- For most effective protection, apply sunscreen generously 30 minutes before going outdoors.
- Take sunscreen with you to reapply during the day, especially after your child swims or exercises.



## BIKE SAFETY

- Wear a properly fitted bicycle helmet.
- See and be seen—always wear neon, fluorescent, other bright colors, or something that reflects light when riding day or night.
- Avoid riding at night.

## TRAVEL

- Research the area you are visiting to know what risks there might be.
- Make sure your child is up to date on immunizations and ask your pediatrician if they need any travel vaccines.
- Remember prescription medications.
- Plan to bring car seats because they may not be available.

## ANIMAL BITES

*Tell children to never touch unfamiliar or wild animals*

- In the United States, more raccoons have rabies than other wild animals, but it is bites from bats that most often cause rabies in people.
- **If your child is bitten, wash out the wound for five minutes with soap and water and then take him/her to a doctor right away .**



## MORE INFO

Learn more at <http://www.nkyhealth.org/summersafety>



**NORTHERN KENTUCKY**  
INDEPENDENT DISTRICT  
**HEALTH DEPARTMENT**