

Smart Summer Safety Strategies



Summer is just around the corner, and while we're all looking forward to warmer days, longer light, and lots of fun, be sure to practice these ways to keep summer safe.



Water





DID YOU KNOW?

Drownings are a leading cause of injury death for young children ages 1 to 14.

DO:

Supervise children at all times.

Children can drown in seconds and silence. Young children and inexperienced swimmers should have an adult swimmer within arm's reach.

Know the basics of swimming.

Swimming lessons are important for water safety. If your children haven't taken swim lessons yet, at least make sure they know basic swim skills (floating, blowing bubbles, moving through the water, etc.)

Try to swim where a lifeguard will be on duty.

If there is no lifeguard, check for a life ring and other safety equipment before swimming.

Wear a coast-guard-approved life vest.

Wear a life jacket as directed around lakes and the ocean, even if your child knows how to swim. Weaker swimmers should wear life jackets in and around pools as well.





DON'T:

Dive into shallow water.

Water should be at least 8 feet deep if your child is diving. If you don't know how deep the water is, don't dive.

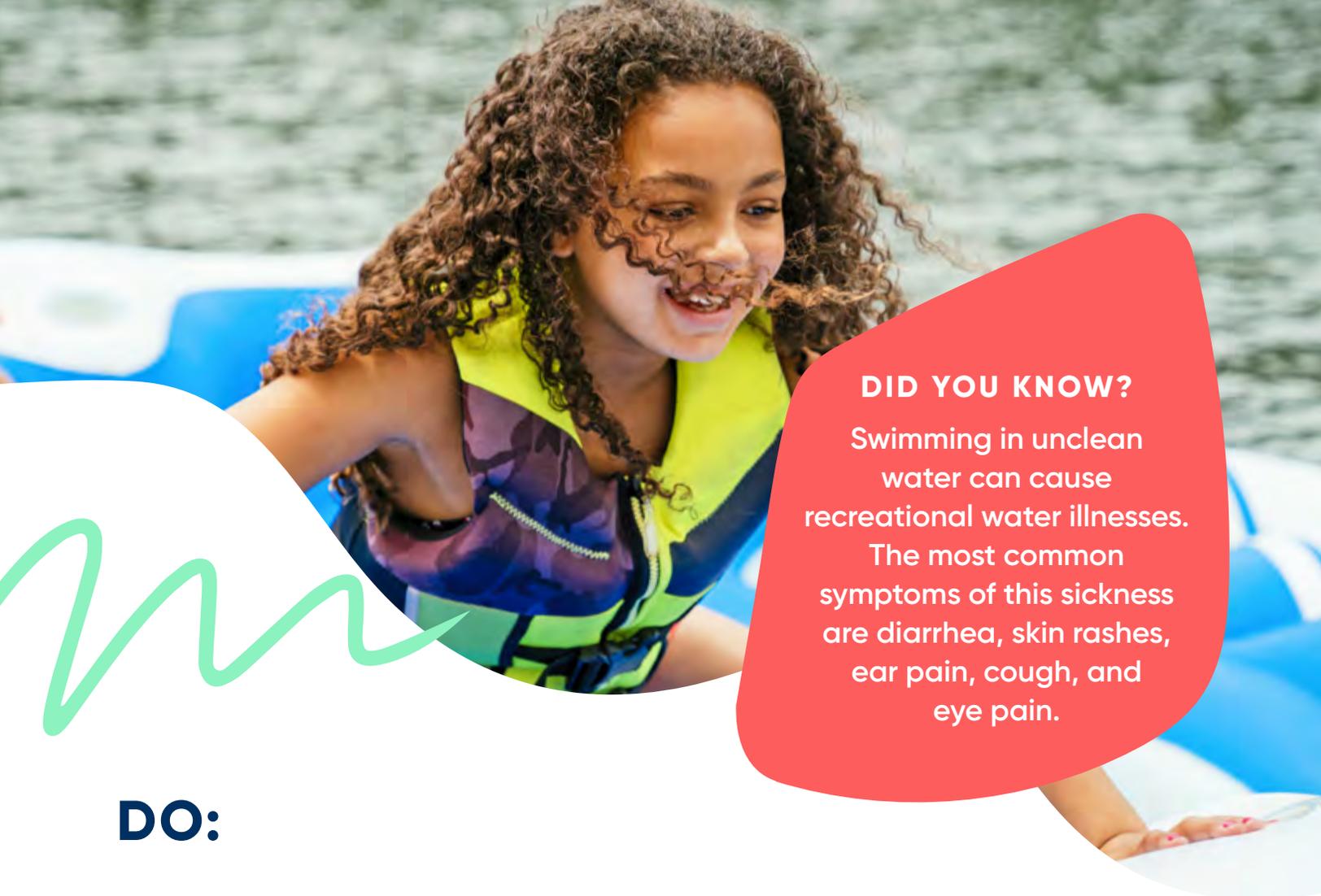
Use air-filled or foam toys for safety.

Toys like floaties or noodles are not life jackets and are not designed to keep swimmers safe.

Swim or play near pool drains.

Suction from pool and spa drains can trap a swimmer underwater. Do not use a pool or spa if there are broken or missing drain covers.





DID YOU KNOW?

Swimming in unclean water can cause recreational water illnesses. The most common symptoms of this sickness are diarrhea, skin rashes, ear pain, cough, and eye pain.

DO:

Make sure the water is clean and safe for swimming.

You can call ahead to check for pool closures and find water quality information for public lakes, rivers, and oceans [here](#).

Shower before you get in the water.

Rinsing off in the shower for just 1 minute removes most of the dirt and other contaminants your body could bring into the swimming pool.

Continue to be COVID cautious.

Don't share goggles, snorkels, or nose clips with others. Encourage your family to wear a mask on dry land and maintain appropriate social distance.

Protect your child's ears.

Thoroughly dry your child's ears with a towel or a hairdryer to dry any excess water and prevent ear infection (swimmer's ear).





DON'T:

Swim in the pool if you are sick with diarrhea.

If a family member had diarrhea in the past two weeks, they should stay out of the water.

Go to the bathroom in the pool.

Keep the water clean by scheduling swimming breaks so your family can make it to the restroom if they need to go.

Swallow the water.

Swallowing water with bacteria can make you sick. Stay hydrated with water from a bottle or drinking fountain.

Swim in the water with an open cut or wound.

If you decide to swim with a cut, wound, or new piercing, be sure to use waterproof bandages to cover the injury completely.

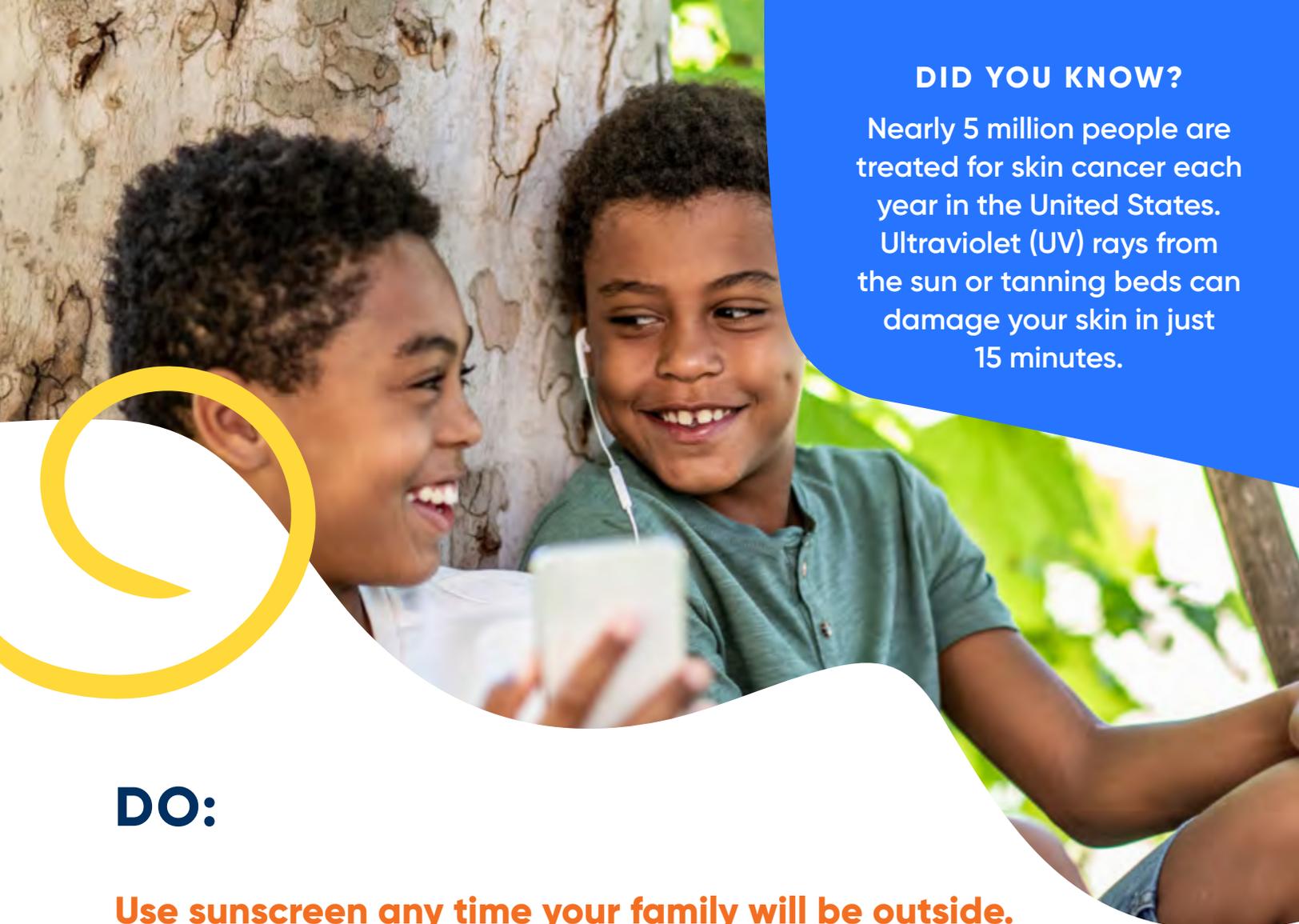
Swim in the ocean immediately after a rainstorm.

Stormwater runoff can pick up bacteria, fertilizers, oil, sewage, and other contaminants on its journey into oceans and waterways. Check your local news for beach reports.



Sun





DID YOU KNOW?

Nearly 5 million people are treated for skin cancer each year in the United States. Ultraviolet (UV) rays from the sun or tanning beds can damage your skin in just 15 minutes.

DO:

Use sunscreen any time your family will be outside.

Children should use sunscreen at least SPF 30 and broad-spectrum (protects against UVA and UVB rays). If they are swimming, sunscreen should be waterproof as well.

Reapply sunscreen generously and often.

Apply sunscreen at least 30 minutes before going out and reapply every two hours and after swimming, sweating, or drying off.

Move to the shade.

When the sun is strongest (usually from 10 AM to 4 PM for shade), find shade under an umbrella, tree, or other structure.

Wear protective clothing.

When possible, wear long sleeves, a hat with a brim, and sunglasses.





DON'T:

Skip sunscreen on overcast days.

The most powerful UV rays break through clouds.

Encourage tanning.

Indoor and outdoor tanning is dangerous. Start the conversation with your child early. There is no such thing as a safe tan.

Use expired sunscreen.

Sunscreen expires within three years, but the shelf life is even shorter if the bottle has been exposed to high temperatures, like inside a car. Expired sunscreen may not protect your skin from the sun.

Count on sunscreen as the only protection from the sun.

Protect your family's skin from the sun with sunscreen in combination with protective clothing, shade, and keeping track of time outside.





DID YOU KNOW?

Extreme heat can be dangerous for everyone, but it may be especially dangerous for people with children, the elderly, and people with chronic medical conditions. Learn the signs of heat exhaustion [here](#).

DO:

Keep hydrated.

Even if your family doesn't feel thirsty, encourage them to drink fluids throughout the day to avoid dehydration during the heat.

Stay indoors when it's too hot outside.

Air conditioning is the number one way to stay cool. If your home doesn't have air conditioning, try visiting a public place, like a library or mall.

Cool off in a shower or bath.

A cool shower or bath can be refreshing and help cool down your body. If your family is short on time or bathroom space, simply sponging off with a cool washcloth or ice cubes can help too.

Dress for the heat.

If possible, wear lightweight, light-colored, loose-fitting clothing.

Schedule outdoor time carefully.

Try to limit your outdoor activity to when it's coolest, like morning and evening hours. If you are outdoors, take breaks from the heat, especially during the hottest part of the day.





DON'T:

Leave children in cars.

Cars can quickly heat up to dangerous temperatures, even with a window cracked open. While anyone left in a parked car is at risk, children are especially at risk of getting a heat stroke or dying.

Forget about your pets.

Don't leave pets in cars or let them walk on hot pavement. Provide plenty of fresh water and shade if they are outside.

Over exercise during hot weather.

While your family needs exercise, be sure to pace it. If they start to feel overexerted, get into a cool area, move to the shade, and rest.



Fun





DID YOU KNOW?

Delicious summer fruits and veggies make any meal healthier.

DO:

Fight the bite.

While camping or on hikes, wear long-sleeved shirts and long pants to prevent mosquito bites and ticks.

Use insect repellent.

Use EPA-registered insect repellents that contain at least 20% DEET for protection against mosquitoes, ticks, and other bugs.

Handle picnic and BBQ food safely.

Keep cold foods below 40°F to prevent bacteria growth and eat your hot foods quickly, so they don't cool to unsafe temperatures.

Grill safely.

Make sure everyone, including children and pets, stays away from the grill. Keep the grill away from the house or anything that could catch fire.





DON'T:

Skip tick inspection.

Be sure to check your family for ticks after being outside. Ticks can attach to your skin, hair, clothes, or pets. If you find a tick, remove it as soon as possible using these [steps](#).

Cross-contaminate foods when grilling.

Use clean utensils and plates to move cooked meat from the grill, and throw away any marinades or sauces that have touched raw meat or juices.

Play with fireworks.

Fireworks, firecrackers, and sparklers can be very dangerous, and in many areas, fireworks are also illegal. The safest way for children to enjoy fireworks is at a professional display.

Allow children to play around campfires.

Summer is fire season. Watch your children around open flames, and make sure they understand fire safety.



References

[Sun Safety and Skin Cancer](#)

[The Truth about Sunscreen: 7 Facts That Will Set You Straight for Skin Protection](#)

[Dangers that Can Ruin Summer Fun](#)

[Tips for Preventing Heat-Related Illness](#)

[Prepare ahead of Time for Extreme Heat this Summer](#)

[Warning Signs and Symptoms of Heat-Related Illness](#)

[Pool Safety for Parents](#)

[Swim Safety Tips](#)

Access summer tips and other great information from Hazel's weekly blog at: hazel.co/resources

