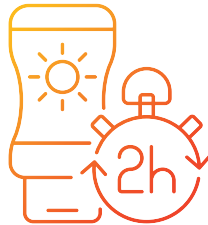


Summer Safety

Tips and Tricks

Sun Protection

- Use at least SPF 15 Broad Spectrum Sun block or Sunscreen (the higher the better)
- Apply Sunscreen 30 mins prior to being in the sun
- Reapply every 2 hours while in the sun



- Keep Children 1 yr or younger out of the sun and in the shade as much as possible
- Dress kids in lightweight & lighter coloured clothes with long sleeves & pants
- Protect children's heads with light hats
- Choose sunglasses with 100% UV protection



In the Sun



- If it's humid and over 32 °C, don't allow children to exercise or be in the sun for more than 30 mins at a time
- Take breaks regularly to rest in the shade
- Create your own shade with umbrellas or cabanas
- Use cool damp cloths on the forehead or back of the neck to cool down
- Sprinklers or wading pools are great to cool down (never leave children unattended around water - even for a minute)
- Always pack a water bottle
- Hydrate regularly with clear fluids and water
- Children need 4-6 glasses of water per day but much more in hot weather
- For infants, be sure to offer extra breast milk or formula for hydration

Did you Know?

- You can still sunburn even on overcast days or in the shade (as most of the sun's rays penetrate the clouds or reflect off other surfaces).

Recognize the Signs of:

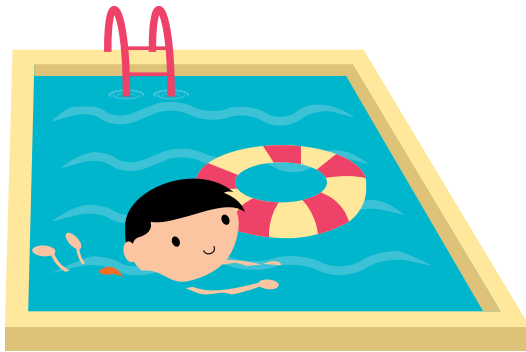
Dehydration	Heat Exhaustion	Heat Stroke
Sweating, irritability, rosy cheeks, heat rash (small red bumps all over), lethargy, less wet diapers, lack of tears when crying	Excessive sweating, Cold/Pale/Clammy Skin, Fast and weak pulse, nausea, vomiting, dizziness, fainting, muscle cramps	headache, weakness, dizziness, confusion, fast breathing/heartbeat, unconscious, temperature above 103 F, nausea, vomiting, no sweating

Always Remember, if you are uncomfortable, so are your children

Summer Safety

Tips and Tricks

Water Safety



- Always watch children around water. Even small amounts of water can be dangerous
- Have children wear bright colour swimsuits to easily spot them in the water
- When children cannot reach the bottom of the pool, it is recommended to use floatation devices like life jackets
- Floatation devices cannot be relied on alone to protect children without supervision
- Swimming lessons teach children water safety and better prepare them for the water

Bites & Stings

- Keep Children in long clothes covering arms and legs
- Tuck pants into socks
- Use mosquito nets on play pens, car seats & strollers
- Avoid times when mosquitos are prevalent
- Avoid sandals
- If stung by a bee, get the stinger out as fast as possible.



- DEET is a chemical formula found in insect repellents.
- It is important to use the right DEET level for your children's age



- Use something flat like a finger nail or credit card
- Wash and cool off the skin
- In case of serious reaction, call 911

Age	How Much DEET Should I use?	How Long Does it Last?
Up to 6 months	Do not use insect repellents with DEET. Use a fine mesh net to cover your baby's stroller or playpen when outside.	
6 months - 2 years	<ul style="list-style-type: none"> • No more than 10% DEET • Up to once a day 	2.5-4.5 hours
2-12 years	<ul style="list-style-type: none"> • No more than 10% DEET • Up to 3 times a day 	2.5-4.5 hours
12+ years	<ul style="list-style-type: none"> • Up to 30% DEET 	5-8 hours

How can I be better prepared?

- Take a CPR course
- Create an "on the go" first aid kit including: bandaids, ointments, sunscreen, Tylenol or other pain relief medications, aloe vera gel
- Always be aware of your surroundings
- Do a Safety check – get low and look from a kids perspective