

News Flash on Summer Safety

brought to you by: Anne Arundel County Tot's Line

1-877-817-8687

Dangers of Sandholes (Source: www.msnbc.msn.com)

In the past 10 years, there have been 62 reported cases and 38 reported deaths of children caught in a sandhole. There are believed to be a lot of unreported cases. Sandhole accidents are becoming more common. The average age of a child in a sandhole accident is 10 years old.

Sand is like a sugar bowl. When you try to dig a hole to help a person escape, the sand will sink deeper.

Precautions and Reactions:

- ▶ Do not allow children in a hole deeper than knee high.
- ▶ If your child is stuck in a hole, find the child's face. Create an air pocket. Put your hand on top of their nose and below their jaw.

Research suggests that more people die from sand holes than shark bites.

Drowning (Source: www.msnbc.msn.com)

Drowning is the second leading cause of non intentional death between 1 and 14 years old.

To avoid drownings :

1. Get Swimming lessons.
2. Use a flotation device when around the pool.
3. Never leave your children around the pool without an adult.
4. Fence in the pool.
5. Pool alarm
6. Establish rules around the pool.

Parents should:

- ▶ Learn to swim and swim well.
- ▶ Know water safety and emergency techniques in CPR.
- ▶ SUPERVISE

Book Resources:

“Stewie the Duck Learns to Swim” and “Swimming Lessons with Stewie the Duck” are written by parents who lost their child in a drowning.

Dangers of Hot Cars (Source: www.msnbc.msn.com)

July is the deadliest month for children to be left in a car. Did you know, one child dies every 10 days succumbing to hyperthermia from being left in a car. A young children can become hyperthermic within 10 to 15 minutes and it is very difficult to reverse the effects.

To avoid leaving your child in the car:

- ▶ Have a bear in the car seat. When you place your child in the car seat, put the bear in the front seat reminding you that your child is in back.
- ▶ Put your pocketbook or bag on the floor in front of the car seat.
- ▶ Have child care provider call if your child does not come.

Fun in the Sun: (Source: www.aap.org/advocacy/archives/tanning.htm)

SUNSCREEN PROTECTION

▶ Babies under 6 months - Avoiding sun exposure and dressing infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck are still the top recommendations from the AAP to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF to small areas, such as the infant's face and the back of the hands.

▶ For Young Children - Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15.

HEAT STRESS IN EXERCISING CHILDREN

Source: <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;106/1/158>

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

- At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatization to the heat.

- Before prolonged physical activity, the child should be well-hydrated. During the activity, periodic drinking should be enforced, for example, each 20 minutes, 5 oz of cold tap water or a flavored sports drink for a child weighing 90 lbs, and 9 oz for an adolescent weighing 130 lbs, even if the child does not feel thirsty.

- Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated garments should be replaced by dry garments.

- Practices and games played in the heat should be shortened and more frequent water/hydration breaks should be instituted.

