

June is National Safety Month

National Safety Month is a time to consider ways to avoid preventable illness and injuries. With the right tools and preparation, summertime can be a relaxing and safe time for you and your family.

Protection from the Sun

- **Wear a waterproof sunscreen of at least SPF 30 that protects against both UVA and UVB rays. Always apply sunscreen at least 30 minutes before going outside, even on cloudy days, and reapply it every two hours.**
- **Avoid sitting in full sun between 10 a.m. and 3 p.m., and stay in a shaded area as much as possible when outside.**
- **Dress yourself and your family members in a hat, sunglasses, and clothing made with a tight weave.**
- **Never leave kids or pets unattended in a vehicle.**

Stay Cool

- **As temperatures rise, heat exhaustion becomes a concern. Symptoms include fatigue, extreme thirst, and muscle cramping.**
- **If you notice symptoms of heat illnesses - get into the shade. Ice packs to the groin and armpits can speed up the cooling process even more.**
- **If a person doesn't cool down and rehydrate, heat exhaustion can lead to heatstroke (signs are headaches, dizziness, nausea, vomiting, and lack of sweat), which is potentially fatal. If you suspect heatstroke, call 911.**

Use Caution in the Water

- **Sadly, drowning is among the leading causes of accidental death in children. Always supervise your children and keep them within arm's reach, even in shallow water.**
- **No one should ever swim if they have been drinking alcohol or have taken certain medications.**
- **Swimmer's Ear is an infection of the outer ear canal. As it progresses, you might see drainage from the ear and extreme tenderness when the earlobe or the outer part of the ear is tugged. Because swimmer's ear is caused by germs that invade the ear canal, always dry the outside part of the ears after water play.**