

SUMMER SAFETY



POOL SAFETY

- Do not let children with diarrhea swim. They can spread germs in the water and make other people sick.
- Do not 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.

- Change diapers in a bathroom or a diaper-changing area and not at poolside. Germs can spread in and around the pool.

KIDS AND CARS

Heatstroke can occur in temperatures as low as 57 degrees

- Never leave a child alone in a parked car, even with the windows rolled down or air conditioning on.
- Always look in both the front and back of the vehicle before locking the door and walking away.
- Never let children play in an unattended vehicle. Teach them not to play in a vehicle.
- Always lock your vehicle doors and trunk and keep the keys out of a child's reach. If a child is missing, quickly check all vehicles, including the trunk.

BIKE SAFETY

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

TRAVEL

- Research the area you are visiting.
- 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 U.S., more raccoons have rabies than other wild animals, but bites from bats most often cause rabies in people.
- If you or your child is bitten, wash out the wound for five minutes with soap and water and then get to a health care provider right away.

FIGHT MOSQUITO BITES

Protect your family from illnesses spread by mosquitoes

- Watch for areas/objects that can hold water and support mosquito breeding, such as birdbaths, clogged gutters or flower pots.
- Wear long-sleeved shirts and pants or use an Environmental Protection Agency-registered, skin applied insect repellent.



Follow the product label instructions, reapplying as directed. Adults should spray insect repellent onto their own hands and then apply to a child's face.

