



Keeping Safe This Summer!

Water Safety

Young children ages 1 to 4 and men ages 15 to 44 are at greatest risk for drowning.

For many Canadians, summer includes activities such as boating and swimming.

Here are some tips to keep you & your loved ones safe.

- Active supervision – the absence of adult supervisions is a factor in most childhood drownings... whether in the pool, bathtub, water park or beach always watch kids, even if they can swim.
- Keep small children at an arm's reach
- Consider requiring all non-swimmers to wear a life jacket
- Empty toddler pools after use
- Avoid diving in home pools...always enter the water FEET FIRST
- Backyard pools should have fencing all around the pool with a self-closing, self-latching gate

According to the Skin Cancer Foundation, having just one blistering sunburn during childhood can double your chance of developing melanoma.

- Avoid the sun during peak hours... generally between 10am and 2pm
- Wear protective clothing
- Use sunscreen...apply generously & reapply regularly, especially after swimming or sweating
- Children months and older can safely wear sunscreen
- Protect your eyes from harmful UV rays...wear sunglasses
- Check car seats before placing your child in the seat...hot buckles/straps can burn their skin

What does Broad Spectrum Sunscreen mean?

There are 2 types of UV light that can harm skin – UVA & UVB. Broad spectrum or full spectrum sunscreen protects from both.

UVA rays can prematurely age skin, causing wrinkles & age spots. UVB rays can burn your skin.

SPF stands for 'sun protection factor' which is a measure of how well the sunscreen deflects UVB rays.

OTHER GENERAL SUMMER HEALTH TIPS!

- Did you know that feeling thirsty means that you are already mildly dehydrated? Be sure to drink often, and watch for signs of dehydration, such as dizziness, dry mouth, irritability, fatigue & dark yellow urine.
- Warm weather means enjoying a bike ride...adults & children should wear a proper fitting helmet at all times. Check that the height of your child's bike fits...have your child straddle the top bar of his/her bike with both feet flat on the ground. A 1 to 3 inch gap between the bar & your child's body is correct
- Wear bug repellent when outdoors to prevent mosquito, tick & other insect bites. Check your family for ticks regularly if you have been in a grassy or wooded area. If you find one, remove the tick with tweezers & disinfect the area.

References:

Redcross.ca/swim

Mayoclinic.com

www.cityparent.com

Summer Travel Tips

Secure your home:

- Cancel newspapers, turn off the water & set timers for a few lamps around your home. These will make your home look occupied when you are away
- Tell a friend or neighbour about your plans & ask them to keep an eye on your home

Financial Preparations:

- Let your bank & credit card company know about your travel plans to avoid any service disruptions.
- Consider buying travel insurance, so you know you can count on someone in case of an emergency



If you have any questions or comments for the St. Francis Helath & Wellness Committee, please feel free to contact us at:
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