

## Fairfax County School Health Promotion June Newsletter Articles

### June Energy Train: Safe Summer = Smarter You



#### Newsletter and/or KIT- Very Short

Summer is a great time for kids and families to be physically active. Enjoy the summer fun by learning how to prevent accidents! Swimming, biking and having fun in the sun are all great things to do during the summer. While enjoying these activities, be sure to use safety measures around the beach and swimming pools, use sunscreen while outdoors, wear helmets when riding bikes and be sure to protect yourself against mosquitoes and other insects during this fun time. For more information go to [www.fairfaxcounty.gov/hd](http://www.fairfaxcounty.gov/hd)

#### Newsletter and/or KIT- Short

##### Water Safety

What do swimming, going to the beach and fishing have in common? Besides being lots of fun, these activities take place in, on or around the water!

Water activities are a great way to stay cool and be physically active during the summer with family and friends. Learn how to prevent accidents and help protect yourself and your kids while still enjoying the summer fun!

Here are some safety tips when you are around water this summer:

- **Learn to swim.** If you like to have a good time doing water activities think about taking swimming lessons, being a strong swimmer is important. You can also learn cardiopulmonary resuscitation (CPR), which could save someone's life.



- **Take a friend along.** Having a friend around is fun plus safer. Even though you may be a good swimmer, you never know when you may need help.
- **Swim in supervised (watched) areas only,** and follow all signs and warnings. A responsible adult should always supervise children in and around the water.
- **Keep an eye on the weather.** If you spot bad weather (dark clouds, lighting), pack up and go inside.
- **DON'T mess around in the water.** Pushing, rough housing or dunking your friends can get easily out of hand.
- **DON'T dive into shallow water.** If you don't know how deep the water is, don't dive.
- **DON'T float where you can't swim.** Keep checking to see if the water is too deep, or if you are too far away from the shore or the poolside.



## Beat the Heat and Sun

Heat-related illness happens when the body's temperature control system is overloaded. [Infants and children](#) up to 4 years of age are at greatest risk. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. For heat-related illness, [the best defense is prevention](#).

- Never leave infants, children or pets in a parked car, even if the windows are cracked open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Schedule outdoor activities carefully, for morning and evening hours.
- Stay cool with cool showers or baths.
- Seek medical care immediate if your child has [symptoms of heat-related illness](#).
- Cover up. Clothing that covers you and your child's skin helps protect against UV rays.
- Use sunscreen that protects against UVA (ultraviolet A) and UVB (ultraviolet B) rays and with at least a SPF (sun protection factor) 30 and every time you and your child go outside.

Just a few serious sunburns can increase you and your child's risk of [skin cancer](#) later in life. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they spend outdoors.

## Keep Mosquitoes and Ticks from Bugging you this Summer

Protect yourself and your family by preventing bites and diseases, like [West Nile virus](#), [Zika](#) and [Lyme disease](#):

- [Use an effective insect repellent](#) while playing outdoors.
- Check yourself and your children for ticks and make your backyard a [tick-safe zone](#).



- Remove standing water.

Keep mosquitoes from laying eggs inside and outside of your home. Items in and around people's homes can collect water. Once a week, empty and scrub, turn over, cover or throw out containers that hold water, such as vases, pet water bowls, flowerpot saucers, buckets, birdbaths and trashcans. These actions can help reduce the number of mosquitoes around areas where people live.

<http://www.cdc.gov/lyme>

<http://www.cdc.gov/extremeheat/children.html>

<http://blogs.cdc.gov/publichealthmatters/2016/03/zikaandwater>

[http://www.cdc.gov/ticks/avoid/in\\_the\\_yard.html](http://www.cdc.gov/ticks/avoid/in_the_yard.html)

[http://www.cdc.gov/ticks/removing\\_a\\_tick.html](http://www.cdc.gov/ticks/removing_a_tick.html)

<http://www.cdc.gov/westnile/faq/repellent.html>

<http://www.cdc.gov/safechild/Drowning>

<http://www.cdc.gov/bam/safety/h2o.html>

<http://www.cdc.gov/safechild/Drowning>

<http://www.cdc.gov/healthywater/swimming/protection/triple-a-healthy-swimming.html>

[http://www.cdc.gov/media/matte/2011/07\\_mosquitoesticks.pdf](http://www.cdc.gov/media/matte/2011/07_mosquitoesticks.pdf)

### More Info:

<http://kidshealth.org/en/parents/exercise.html#>

<https://www.nhlbi.nih.gov/health/health-topics/topics/phys>

