

SPRING SAFETY TIPS

Dear Parents,

Now that spring is officially here I want to share some safety tips for your children. As parents, we want to do whatever we can to protect them.

BIKE RELATED INJURIES

Biking is a great way to get around and to get your daily dose of physical activity for you and your child. Each year more than 500,000 people in the United States are treated in emergency departments and 700 people die each year as a result of bike injuries (CDC). When you and your child rides their bike, make sure they have their bike helmet on (ALWAYS) and wear tennis shoes or a leather shoe, not flip flops or sandals. This will prevent head and feet injuries.

SUNBURN

We now know that EVERYONE is at risk for skin cancer. Limiting your time to sun exposure, wearing protective clothing such as hats and long sleeve shirts (some clothing has UV protection woven into the fabric), seeking shade under a beach umbrella can help protect your skin from the harmful UV rays of the sun. Your eyes also need protected from the sun by wearing UV sunglasses. Another thing that you can do is apply sunscreen 30 minutes before going outside and reapplied at least every 2 hours or more often if in water or perspiring a lot. Another thing that can make you sun sensitive is taking antibiotics such as sulfa drugs, non-steroidal anti-inflammatory drugs such as ibuprofen. Stay out of the sun during “peak” times such as from 10 AM-2PM when the sun is the hottest.

If you get sunburn, use a cold compress or even a package of frozen vegetables will work. If it is painful, you can ask your doctor if it is O K to use an OTC pain reliever.

BEE STINGS

Most reactions to bee stings are mild, but severe allergic reactions can lead to between 40-50 deaths each year (CDC). An allergic reaction can occur even if a person has been stung before with no complications.

What you can do to keep bees away is to wear light-colored clothing and avoid scented soaps and perfumes. Don't leave food, drinks, and garbage uncovered. Treat a bee sting by scraping the stinger away in a side-to-side motion with a credit card or a fingernail, or going across the stinger with a safety razor. After you get the stinger out, wash the skin with soap and water. If you try to pull the stinger out with tweezers, you can inject more venom into the skin. Because bee stings puncture the skin, there is a risk of tetanus infection. If your tetanus shot is not up to date, you might need a booster. After the series of childhood tetanus shots, an adult should get a booster every 10 years or sooner if advised by a physician. Use ice to the sting site and if you know you are allergic and have an Epi-Pen, use it and call 911 for immediate help.

Have a safe and happy spring

Mrs. K. Scheetz, RNC, BSN
Indian Valley School Nurse