



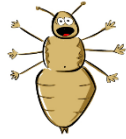
Spring Health Tips



- **Sun Safety:**  Make sure children wear sunscreen, even on cloudy days. Apply sunscreen 15 – 30 minutes before going outside and reapply often. Wear hats and light shirts to provide a barrier between skin and sun.

- **Spring Allergies:**  Common symptoms include repetitive sneezing; heavy breathing; runny nose; and itchy eyes, ears and throat. Fever is not associated with allergies, so if your child is running a temperature (100° or greater), he/she is likely sick rather than experiencing seasonal allergies.

- **Insect Bites:**  Bites that should cause concern include spider bites, tick bites and bee stings. If a child experiences difficulty breathing, swelling, faintness or vomiting – seek medical attention.



- **Head Lice:** **Spread by head-to-head contact. Children are playing more outside and the potential for spreading head lice is certainly possible. Lice are tiny, wingless insects that live close to the human scalp and feed on human blood. Lice are the size of a sesame seed and nits (eggs) are even smaller. The eggs attach to the hair shaft and may look like dandruff, but cannot be easily removed or brushed off. If you suspect your child might have head lice, it's important to get appropriate care. There are a number of available treatments that can be used as well as prescription treatments from a physician.**




- **Bicycle Safety:** **—Bicycles are great exercise but wearing a helmet should not be an option. To protect against brain injuries, make sure children wear a properly fitting helmet on every ride.**



- **Water Safety:** **Children need constant supervision around water. Young children can drown in less than 2 inches of water. Children over 4 years of age should take swim lessons and be taught by a qualified instructor. Even children that know how to swim are at risk for drowning.**



- **Swimmer's Ear:** **An infection of the ear canal, commonly occurring in children who spend a lot of time in the water. Primary symptom is ear pain which can be severe and gets worse when the outer part of the ear is pulled or pressed on. It also may be painful to chew. Requires medical attention.**

- **Trampoline Safety:**  Thousands of people are injured each year on trampolines. Children younger than 6 years are at greatest risk of injury. If you choose to have a home trampoline, the American Academy of Pediatrics recommends:
 - **Adult supervision at all times.**
 - **Only one jumper at a time.**
 - **No somersaults.**
 - **Adequate protective padding on the trampoline that is in good condition and appropriately placed.**
 - **Check all equipment often.**
 - **Damaged protective padding, net enclosure or any other part of the trampoline is noted – replacement or repairs should be made.**



- **Hydration:** Children need to drink often during hot weather. Playing sports and participating in very physical activities require drinking extra fluids beforehand as well as taking regular drink breaks during activity. Thirst is not a good early sign of dehydration. By the time a child feels thirsty, they might already be dehydrated.



- **Driving Safety:** Adults – take special precaution when driving through neighborhoods. The weather is great and children are outside running and playing. Look closely when backing out of a garage.