



U.S. Public Health Service Nursing - TIP OF THE MONTH

Protecting, promoting, and advancing the health and safety of the Nation

July 2016

Summer Safety Tips



Summer Safety Tips: Keeping Officers and Families Safe

During a Heat Wave: 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 risk¹.

- **Never** leave children or pets alone in enclosed vehicles.
- Stay hydrated by drinking plenty of fluids, even if you do not feel thirsty. Avoid drinks with caffeine or alcohol.
- Avoid extreme temperature changes. Postpone outdoor games and activities.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Use a buddy system when working in excessive heat. Take frequent breaks if you must work outdoors.

Water Safety Tips: ²

- **LEARN TO SWIM!** This is the best gift you can give a child, as drowning is the leading cause of injury death for young children ages 1 to 4. Always swim in lifeguarded areas.
- Provide close and constant supervision to children you are supervising in or near water.
- Learn water safety skills. Always swim in lifeguarded areas.
- Wear approved life jackets, especially children, inexperienced swimmers and boaters.



Keeping Mosquitos/Ticks Away (Zika, Lyme Disease, West Nile Virus)³

- Use an effective insect repellent while playing outdoors.
- Check yourself and your children for ticks. Ticks are easy to remove.
- Zika symptoms include mild fever, skin rash, conjunctivitis, muscle and joint pain, malaise or headache. These symptoms normally last for 2-7 days³.
- Lyme Disease symptoms include may present as a flu-like illness (fever, chills, sweats, muscle aches, fatigue, nausea and joint pain). Some people also have a rash or Bell's palsy (facial drooping)⁴.
- West Nile Virus may not exhibit any signs. 20% of population have symptoms including fever, headache, body aches, vomiting, diarrhea, fatigue, and skin rash⁵.

1. www.americanredcross.org
2. <http://www.cdc.gov/family/kids/summer>
3. <http://www.who.int/mediacentre/factsheets/zika/en/>
4. <https://www.lymedisease.org/>
5. <http://www.mayoclinic.org/diseases-conditions/west-nile-virus/symptoms>



Summer Safety

Unsafe Acts

HEAT EXHAUSTION

CAUSE

Excessive loss of salt and water in the body

SYMPTOMS

Profuse sweating - headache - paleness - weakness
nausea - cool moist skin - tingling sensation in extremities

TREATMENT

Provide water - shade - elevate feet - monitor
seek medical attention immediately

The road to promotion is always under construction.

PHS-NURSE LIST SERV

TO REQUEST A MENTOR

Point of contact: CDR Anne McMillan, CAPT Lori Luu, CDR Casey Hadsall, and CDR Jonathan Paulsel for the Mentoring Workgroup, N-PAC Career Development Subcommittee.