



## U.S. Public Health Service

### Nursing -TIP OF THE MONTH

June 2019

### Summer Safety



## Summer Safety

Summer is the season to relax and enjoy many outdoor activities with friends and family. Summer brings a lot of fun, however there are many health and safety challenges that can arise. When preparing for your favorite summer activities, don't forget to follow these quick summer safety tips to avoid the dangers that these warm summer months can bring.

**Sun Safety Tips:** The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes, and lead to skin cancer (CDC). It is important to protect yourself and your family from sun exposure.

**Seek Shade** - The sun's rays are strongest between 10:00am and 4:00pm, so it is important to be careful, and if possible, avoid sun exposure during this timeframe. Seeking shade under an umbrella, tree, or shelter can help to avoid sun exposure.

**Sunscreen** - Apply broad spectrum sunscreen (with at least SPF 15) at least 30 minutes before going outside, even on cloudy days. Sunscreen can wear off, so it is important to reapply after 2 hours and after swimming, sweating, or toweling off.

**Cover up** - It is important to use protective clothing in the sun. Wearing long-sleeved shirts and long pants, hats, and sunglasses can help protect against sun exposure.

**Heat Safety Tips:** Anybody can be at risk for heat related illness. It is important that summer activities be balanced with activities that help your body stay cool.

**Stay hydrated** - Drink plenty of fluids, regardless of how active or thirsty you are. Avoid alcohol and sugary drinks, as these can lead to dehydration.

**Stay Safe** - Never leave children or pets in a parked car, even if it is just for a minute. Cars can quickly heat up to dangerous temperatures, even if windows are cracked open.

**Limit Exposure** - The best way to avoid heat-related illness is to avoid being outside during extreme heat. If you must be outside, wear appropriate clothing and pace yourself when performing activities.

**Bug Safety Tips:** Insects can cause a number of diseases such as [Zika](#), [West Nile Virus](#), and [Lyme Disease](#). It is important to take steps to prevent insect bites.

**Use insect repellent** - Use Environmental Protection Agency (EPA)-registered insect repellents. Always follow the labeled instructions, and note that EPA-registered repellents are safe for pregnant and breastfeeding women and should not be used on babies under 2 months old.

**Check for ticks** - It is important to remove a tick as soon as possible. If you develop a rash or fever within several weeks of removing a tick, please see your doctor ([CDC](#)).

**Cover up** - When outside in the evenings or when there are a lot of insects present, cover up with long sleeved shirts, pants, and socks to prevent bites.

**Injury Prevention Tips:** Injuries are the leading cause of death in children ages 19 and younger (CDC), however most child injuries can be prevented.

**Bicycle Safety** - Always wear a helmet! Make sure your helmet is properly fitted and meets safety requirements. It is also important to follow all traffic signs and avoid biking at night.

**Ensure Water Safety** - Drowning is a leading cause of injury for young children. Water safety is key! Important water safety tips include: learning to swim, supervision when in or near water, and wearing a properly fitted life jacket.

**Playground safety** - Check that surfaces under playground equipment are safe, soft, and well maintained. Ensure that children are supervised when using playground equipment.

For more information on summer safety topics, please visit following websites:

[CDC Sun Safety](#), [CDC Heat-Related Illness](#),  
[NSC Summer Safety Tips](#), [American Red Cross - Swimming Safety](#)

**Managing Diabetes in the Heat**

<https://www.cdc.gov/features/diabetesheattravel/index.html>

This is the  
life!!!



Point of contact: CDR Jonathan Paulsel, CDR Malini Krishnan, CDR Dave Norberg, and LCDR Sarah Benzo for the

PHS-NURSE LIST SERV

Tip of the Month Workgroup  
N-PAC Career Development Subcommittee.

TO REQUEST A MENTOR