

STAY SAFE THIS SUMMER

Swim Safety Tips

Swim with a friend, never swim alone.

Look for safety signs at the beach, adhere lifeguard instruction, swim between flags and under the watch of lifeguards.

Have young children and inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water - do not rely on life jackets alone.

Do not rely on the use of water wings, swim rings, inflatable toys, pool noodles or other items designed for water recreation to replace adult supervision or life saving equipment.

If you have a pool, secure it with appropriate barriers to prevent unsupervised access to the water.

Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.

Local Swimming Lessons

Your city or town may offer free/discounted swimming lesson - check your city/town website for swimming lessons or call the recreation department in your community.

YMCA's often offer both private and classroom style swim lessons for members.

The American Red Cross offers online programs for parents and caregivers and local swim classes.

The Department of Conservation and Recreation (DCR) is offering free sessions for children aged 4-12 years that will be led by Red Cross instructors and offered at DCR-operated swimming pools across the Commonwealth - apply online beginning June 17th as space is limited.

Sun Safety Tips

The invisible UV rays are what is harmful and can be dangerous even when the sun is not shining.

Children may be exposed to UV rays on foggy or hazy days because they feel cooler and stay outside longer. UV rays reflect off sand, water, and many other surfaces.

Try to keep your child out of the sun when UV rays peak between 10am and 4pm.

Use of an umbrella, large brim hat, sunglasses, lightweight long sleeve pants and shirts for sun protection is also advised.

Sunscreen

Choose a sunscreen with both UVA & UVB protection.

Apply sunscreen 30 mins prior to going outside.

Sunscreen should be reapplied every 1.5 to 2 hours, especially if spending a lot of time in water as no sunscreen is truly waterproof.

Babies under 6 months old should be kept out of direct sunlight and dressed in protective but light clothing and sunscreen should be applied to any exposed areas such as the face and backs of hands.

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