

Have a safe summer



Summer can be a time for relaxing and enjoying fun-filled days. Don't let mishaps or injuries disrupt this carefree season. Keep these safety tips in mind and let the fun begin.

Water wise

- **Learn to swim.** This is your best water safety measure. Both swimmers and nonswimmers should wear flotation devices when boating. Never use a swim toy as a flotation device.
- **Stay alert.** Never leave children unattended around any body of water, even if they know how to swim. Enclose backyard pools with a self-locking fence.
- **Don't go solo.** No one should ever swim alone or in an unsupervised area.
- **Dive smart.** Enter the water feet first before you dive. It may not be as deep as you think. Never dive into shallow water.
- **Stay sober.** Alcohol doesn't mix with activities such as swimming or boating. Don't drink if you're watching over children in the water.

Don't get bugged

- **Avoid bee stings.** If you do get stung, be gentle as you remove the stinger. Scrape or flick it off with a firm edge such as a credit card or fingernail. Clean the sting site carefully. Apply ice to minimize swelling. If you have nerve damage, diabetes or poor circulation, check with your doctor first. If you develop hives, have had a previous severe allergic reaction or have difficulty breathing, seek emergency help immediately.
- **Check for ticks.** Use tweezers to grasp a tick as close to your skin as possible.

Pull it straight out with slow, steady, gentle pressure. Then, wash your hands and the bite site with soap and water and disinfect the area with an antiseptic or antibiotic ointment. Ticks can cause Lyme disease. So, call your doctor if you experience fever, rash, aching muscles or joints, fatigue, or swelling of the knees or other joints.

Prevent sunburn

- **Always wear sunscreen.** Use an SPF of 30 or higher. Follow the instructions carefully on how much and how often to apply. Don't forget lip protection, too.
- **Avoid the strong midday sun.** The sun's rays are strongest between 10 a.m. and 4 p.m.
- **Dress smart.** Always wear a wide-brimmed hat, sunglasses and tightly woven clothing.

Keep in mind that too much exposure to the sun can cause skin cancer and premature wrinkling. If you do get sunburn, soothe your skin by applying a cool compress. Or, take a cool baking soda or oatmeal bath. If you develop blisters or a fever, contact your doctor.

Have more questions about staying healthy this summer? Call any time – 24 hours every day.

NurseLine (800) 846-4678

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