

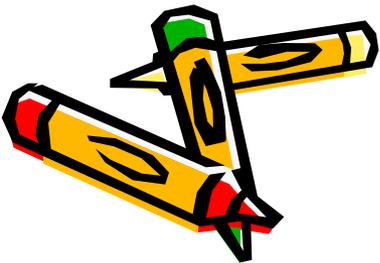
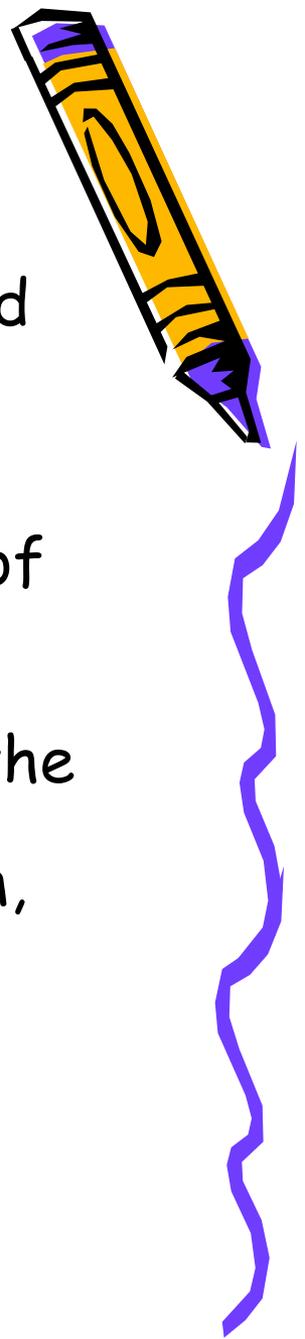
Summer Time Hazards and Safety Tips for Care Providers of Children

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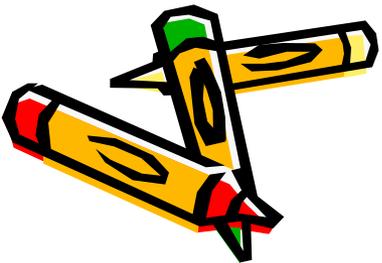
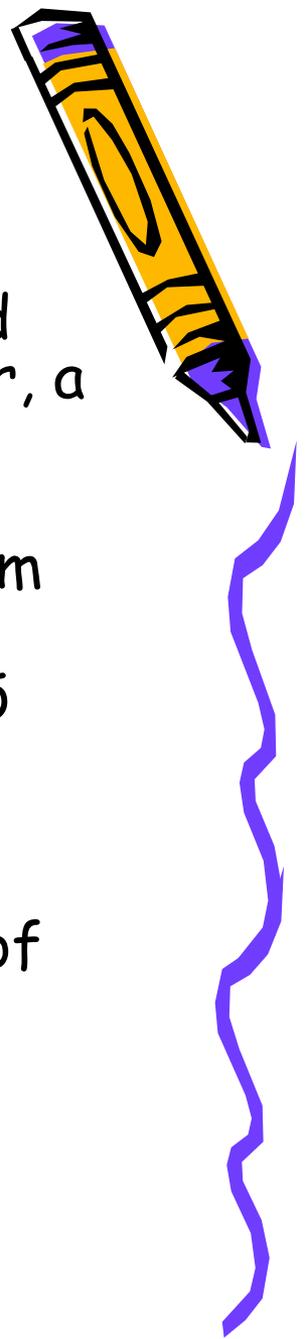
June 2, 2010 - Early Intervention

- Summer time hazards may affect the health and well being of children
- Childcare providers, parents, grandparents, and others providing care for infants, toddlers and preschool/school age children should be aware of new health concerns, information and health issues during summer, as well as other seasons
- This presentation will remind us all of some of the most common safety concerns for children in summer, how to recognize and prepare for them, and how to help the children in our care stay safer this summer.



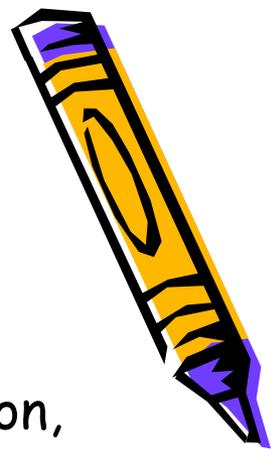
Early Intervention cont.

- USA statistics show that once every 10 days, and more frequently in the warmer months of summer, a parent or caregiver transporting a child may unintentionally cause the death of a child.
- On average, 37 children die in cars each year from heat-related deaths.
- From 1998-2008, there have been more than 445 heat-related vehicular deaths for infants and children.
- The National Highway Traffic Safety Administration reports this is the leading cause of non-crash vehicle deaths in children.



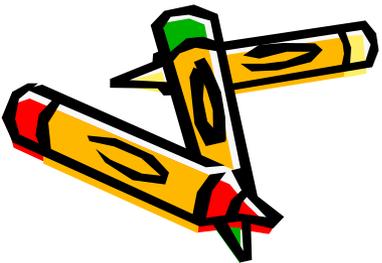
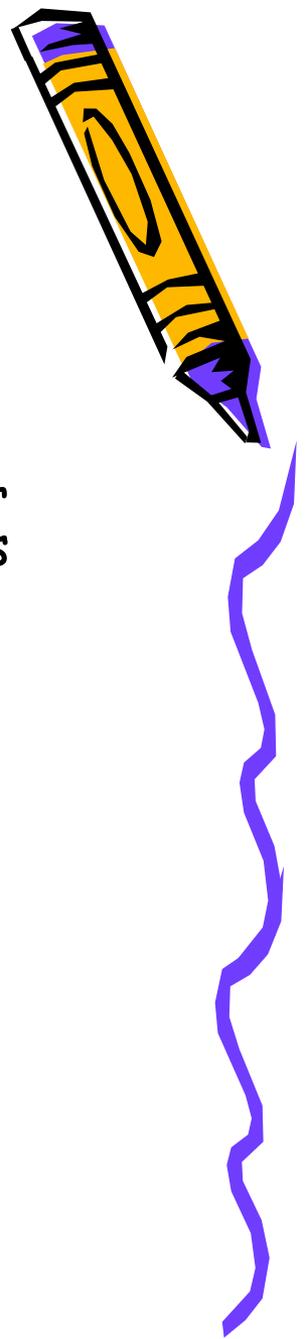
Tips for caregivers transporting children to and from daycare:

- Be aware of contributing factors (stress, emotion, lack of sleep, and change of routine)
- Visual cues, teddy bear placed upfront next to you when children are in the back secured in their car seats
- Habits like leaving your lunch box, purse or laptop in the floor of the back seat will “jog” your memory
- Never leave a child unattended inside a car- even if a window is cracked.
 - Even with the windows partially rolled down, the temperature inside a parked car may reach 125 degrees in just minutes...
 - the majority of the temperature rise occurs within the first 15-30 minutes.
 - Infants and children because of their size and immature temperature regulatory systems are more vulnerable to the heat.



Tips Cont.

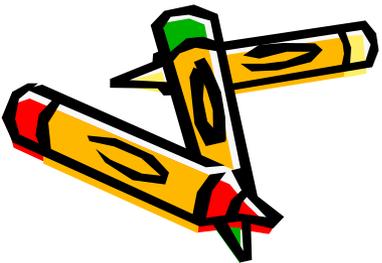
- Thirty percent (30%) of HRVD cases involve small children playing unsupervised in or around cars and accidentally become trapped.
- Remember to keep your vehicle locked, even in your garage, if children are close by or could gain access to your car. (KidsAndCars.org)
- In addition to HRVD, other injuries to children can be prevented by using child safety seats, booster seats, and seat belts appropriate for your child's height, age and weight .(www.cdc.gov/safekid)
- If you see a child alone in a car , call the police or 911.



What would summertime be like without a picnic?



- Let's focus on food safety tips for children AND adult caregivers!
- Hot summertime temperatures cause food-borne bacteria to grow very fast.
 - Each year in the USA there are an estimated 76 million food-borne illnesses and 5,000 deaths.
 - Those who are at the greatest risk of morbidity and mortality are young children (ages 0-6yoo), pregnant women, the immune-compromised and the elderly.
 - If an outbreak occurs in a child care center, it has the potential to affect hundreds, or even thousands of people.
(<http://www.cspinet.org/>)



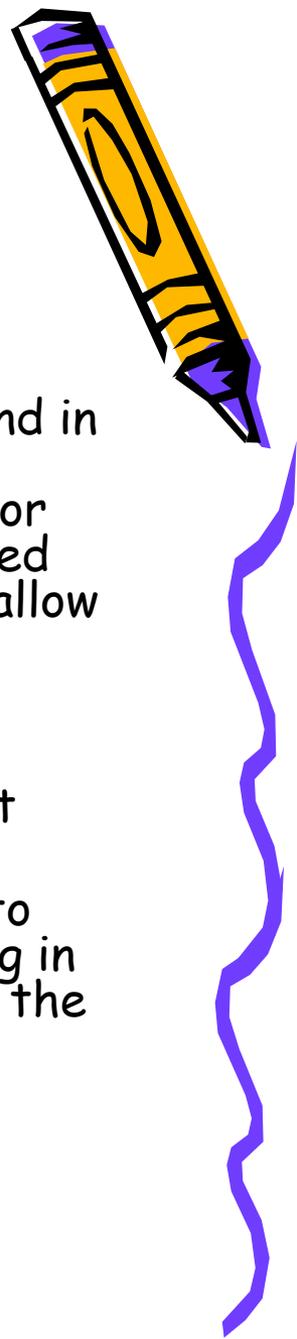
Food Borne Pathogens



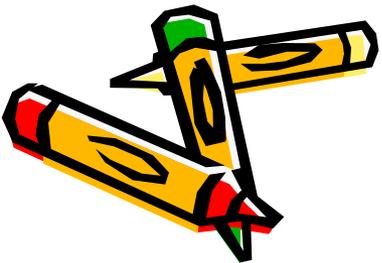
- Salmonella and Norovirus are two of the most prevalent pathogens in our food system.
 - Have been found to show up on fruits and vegetables, sprouts, melons and potatoes.
 - Salmonella can also be transmitted by eating undercooked chicken meats or raw eggs in items such as ice cream and cookie dough.
- Listeria and e.coli HN157 are bacteria that are often found in undercooked meats.
 - Other foods can carry Listeria such as unpasteurized milk products, and ready to eat meats, soft cheeses.
 - E.coli, is perhaps the most notable bacterium, and is responsible for a number of acute ,bloody diarrheal illnesses along with vomiting. This food borne illness can affect major organs within the body and even cause renal failure and death. Hamburgers that are undercooked, and made from contaminated meat, are primary sources of this bacterium.



Here are some tips for Summertime Food Safety:



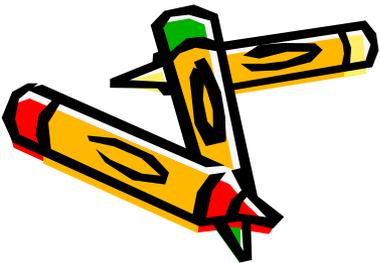
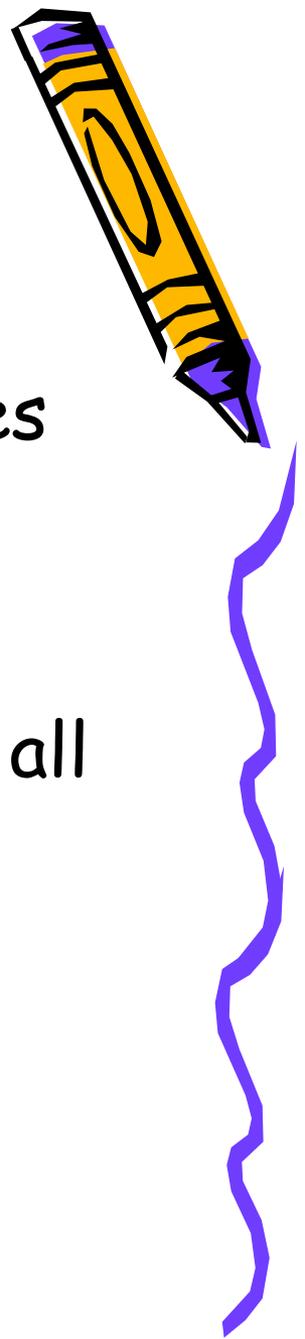
- Wash children's hands (and your hands) often.
- Recreational water illnesses (RWIs) are caused by germs found in contaminated lakes, rivers, streams, water play areas and swimming pools. Clean water from home, not a river or creek, or moist towelettes and hand sanitizers from home should be used for hand washing. Dry hands with disposable paper towels or allow to air dry.
- Clean food preparation surfaces often to prevent cross contamination.
- Keep raw meats, seafood and eggs separate from ready to eat foods and vegetables.
- Keep cold food cold. Be sure that you distribute food items to children in your care. Too often, little hands have been digging in the dirt, picking up insects, or other fun things children do in the summer....these same little hands can transmit germs into ice cubes, cookie jars, or other shared food containers.



More Tips:

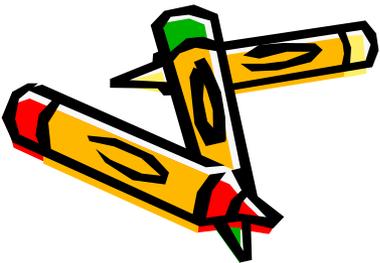
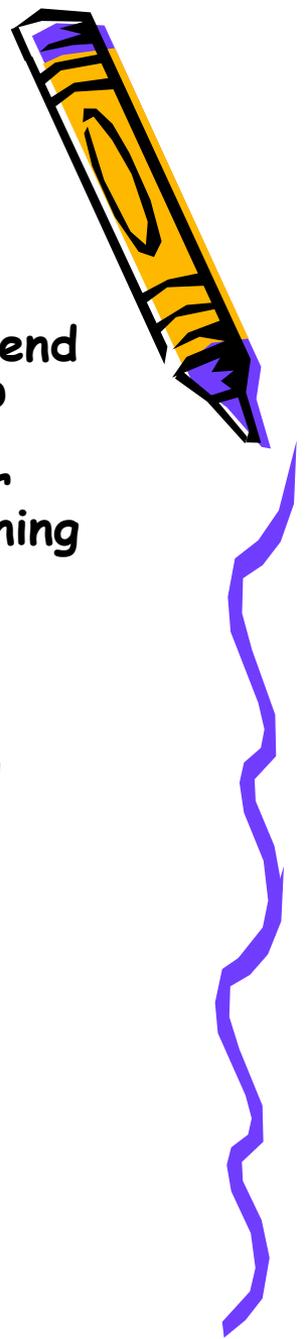
- Cook foods to proper temperatures.
- Remember to wash fruits and vegetables thoroughly. Scrub watermelons with a brush and peel carrots and other root vegetables to eliminate dirt
- Remember the two-hour rule. Don't put all the food out at once. Keep additional "helpings " hot or cold in the cooler or refrigerator until served.

(<http://www.cspinet.org/foodsafety/>)



Summertime Safety Hazards:

- Infants, toddlers and young children (0-4 years of age) depend on adults in their families and in care giving settings to keep them safe from harm. Children in this age group are inquisitive and like to explore their surroundings and discover new things. Far too often, they are not aware of the remaining summertime hazards which we will talk about today:
 - Falls from windows, doors and on playground equipment
 - Water and pool safety
 - Injuries from motorized equipment used during summer months
 - Accidental poisoning from stored gasoline, cleaning supplies, and other toxic substances used in summertime
 - Summertime Sun Safety
 - "Oh, that bug BIT me!"
- Children need an environment in which learning occurs during play and other scheduled activities and where adults provide them with a feeling of security and safety.

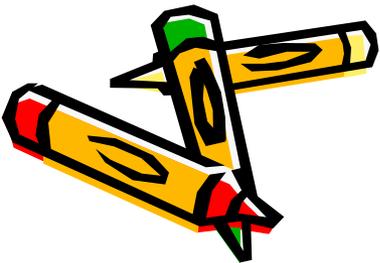


To protect children from falls while in your care

follow these tips:

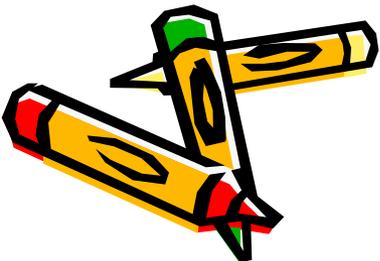
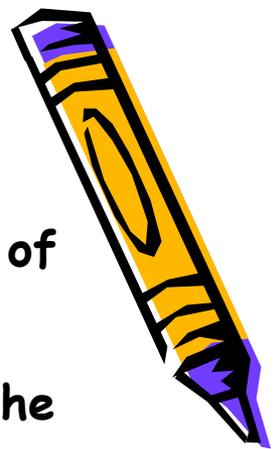


- Supervise young children at all times, especially around fall hazards like windows, doors, stairs and playground equipment
- Use window guards on unlocked windows. Open windows from the top instead of from the bottom. If a window or door is located above ground level, use rails or stair gates to prevent falls
- Always keep a hand on infants when changing diapers; change diapers in location where infant is unable to fall
- Move any furniture away from windows and doors. Children love to CLIMB!
- Check playground equipment in summertime, and with the change of each season. Use only equipment that is properly designed, manufactured and maintained. The effects of fall injuries can be lessened by using soft landing materials as a base.



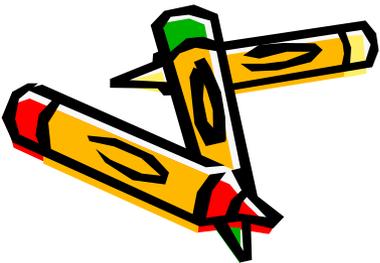
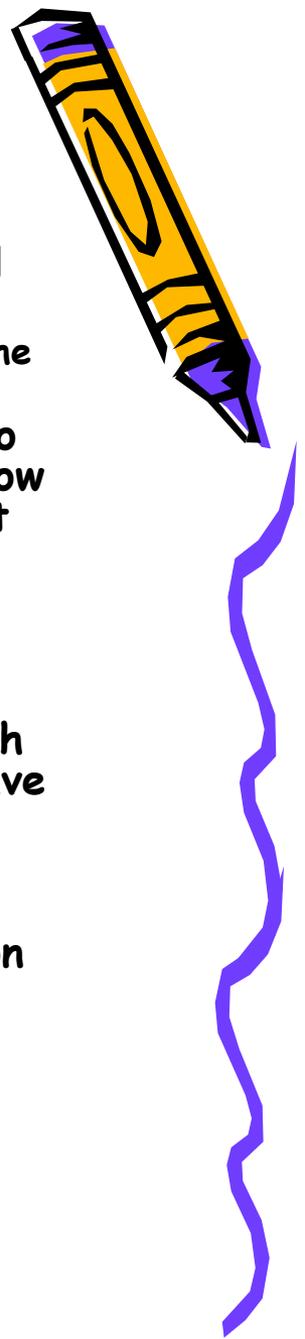
Water Safety Tips:

- According to CDC statistics drownings are the leading cause of death for children ages 1 to 14, and
 - three children die every day as a result of drowning.
- Caregivers, parents, grandparents and babysitters can use the following tips to prevent drowning:
 - Keep children away from water when you are not there to supervise. Swim in pools or parks where a life guard is on duty
 - Know how to administer CPR and contact 911
 - Avoid distractions such as cell phone usage in pool areas.
 - Many drownings occur when the adult leaves the child "just for a minute" to answer the telephone, or to use the restroom
 - Keep toys out of the water/pool- children will be less likely to "jump in" to play with toys.
 - Remember that arm floats, inner tubes and many other devices do NOT take place of properly fitted life jacket and adult supervision
 - Pools for home use should have four-sided fencing around the pool with self-closing/latching gates



Safety Tips cont.

- When accompanying children to pools, beaches or other recreational water areas make sure there are adequate of adults to supervise.
 - Have a "BUDDY" system where an adult caregiver or parent will assist the child in playing safely in the water
- Water activities are enjoyable for everyone; however, in addition to tips for drowning prevention, both caregivers and parents should know the hazards for recreational water illnesses (RWIs) that can affect the health status of children and adults.
- It is important for caregivers to know that germs can be spread through contaminated water in swimming pools, water parks, rivers, creeks, oceans, water play areas, water fountains and hot tubs.
- When you are in a pool, you share the water - and germs in it- with every person in the pool. CDC has found that on average, people have about 0.14 grams of feces on their bottoms,
- Which when rinsed off in the water, can contaminate recreational water. Lakes, rivers and the ocean can contain germs from sewage spills, animal waste and water runoff following storms. Some common germs are able to live for long periods of time in salt water.



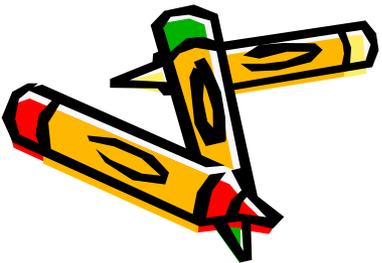
Water Safety cont.

- Swallowing even a small amount of pool water that is contaminated with feces, dirt or vomit can potentially make you ill. Cryptosporidium is a germ that causes diarrhea. It has a tough outer shell that allows it to survive for days even in properly chlorinated pools. It can cause prolonged diarrhea for 1-2 weeks and can be harmful to young children and pregnant women.
- Practice good hygiene by showering with soap before swimming; washing your hands after using the toilet or changing diapers
- For children who are not yet potty trained, take children for bathroom breaks and check diapers often. Change diapers in bathroom area or diaper-changing station
- and not at poolside. Germs can spread through water in and around the pool.
- Wash your young child well with soap and water (especially the diaper area) as invisible amounts of fecal material can end up in pool.

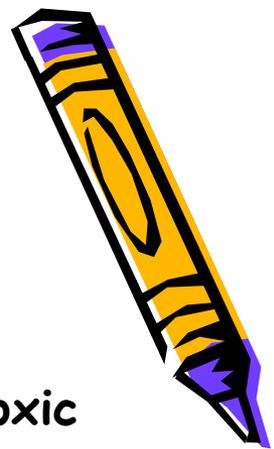


Other Safety Issues:

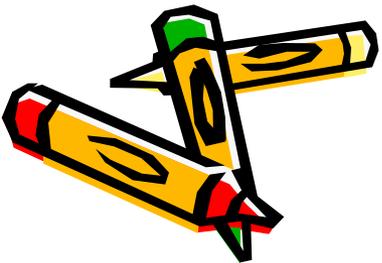
- Other safety issues that caregivers and parents need to be aware of during summertime include accidental injuries resulting from children playing near lawn mowers, weed eaters and mulchers.
- Small items such as rocks or dirt clods become missiles when ejected from the bottom of a lawn mower being operated by an adult. These items can cause a young child to lose an eye, or tooth, or incur a laceration that requires sutures and medical follow-up.
- It is important to remove keys from riding lawnmowers and store where a young child is not able to reach. Often times a young child views these as "toys" to be ridden.
- In addition, remember children watch closely what adults do...rethink riding that 10 month old on the lawnmower or four wheeler. Many fatalities occur when lawnmowers or other recreational vehicles turn over onto their operators.



Toxic Materials:

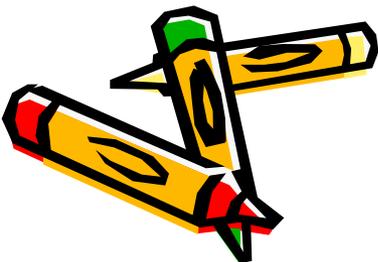
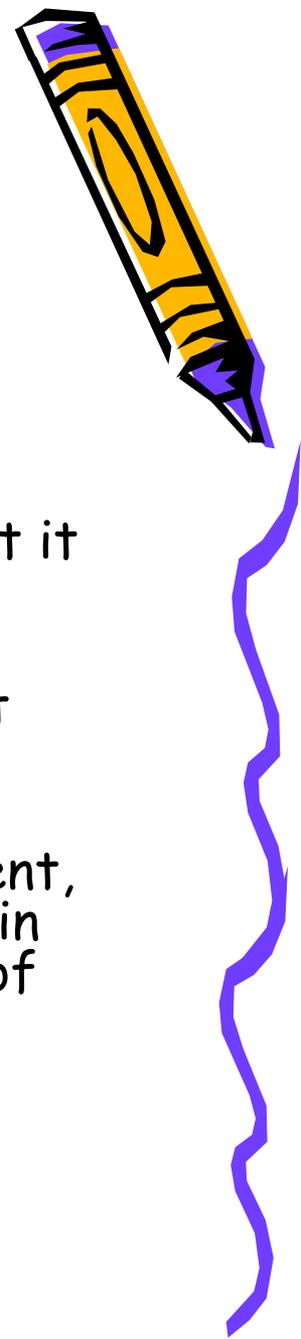


- Childcare providers and parents should also be aware of toxic materials used primarily during summertime.
- Many gardening items such as fertilizers, plant food capsules, and pest control agents come in a variety of containers. Many of these have lids that can be easily opened by a young, curious child... some are blue in color; some roll on the ground when spilled; others have a "sweet" odor.
- Cleaners such as bleach are often used more frequently in the summer. To a young child, it may appear to be a drink, especially if it has a citrus odor.
- Remember to store gasoline properly in a labeled container and out of reach of little hands. A childproofed or locked cabinet out of reach is preferred...this is safer than under the counter.

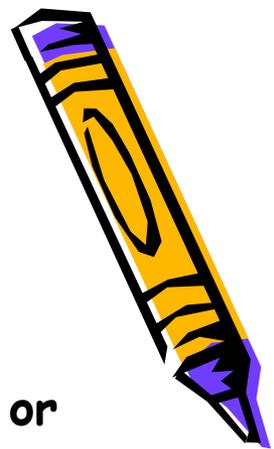


What are some tips to help children, parents and caregivers stay safe in the sun this summer?

- When the hot days of summer arrive, it is important for infants, children and adults to stay safe in the sun.
- The sun not only makes us feel better when it shines, but it is a source of vitamin D which assists our bodies absorb calcium.
- Exposure to ultraviolet rays from the sun can put you at risk for sunburn.
- Studies by the American Cancer Society show that the number of severe sunburns you have as a child , adolescent, and young adult does impact the chance of developing skin cancer as you age due damage that occurs in the layers of the skin.



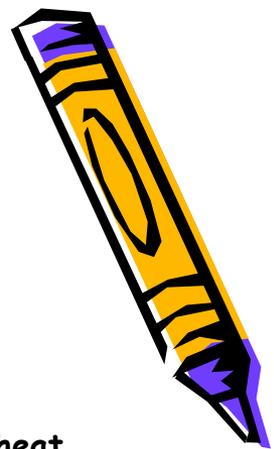
Stay safe in the sun this summer?



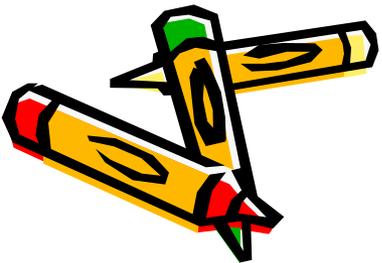
- Always wear a sunscreen with a SPF rating of at least 15 or higher.
 - It is recommended if you are fair skinned, or an infant over six months of age to use a higher SPF rating such as SPF 30.
REMEMBER...sunscreen should not be used on an infant under 6 months of age.
- Avoid sun exposure between 10:00am and 4:00pm, when the sun's rays are the strongest. Be sure to take frequent breaks from the sun by going indoors or using an umbrella for shade.
- Apply sunscreen liberally;
 - before going out to the beach, pool, boating, or playing outside.
 - Reapply every 2 hrs or more often if swimming or sweating a lot.
 - Adults it is important to monitor the children in your care to prevent not only sunburn, but heat exhaustion.



Stay safe in the sun this summer? Cont.

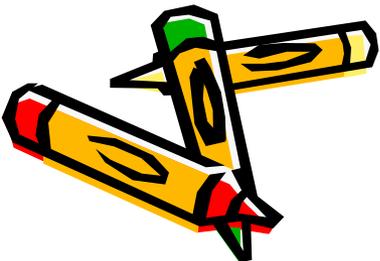


- Children can get heat exhaustion during play outside on hot days.
 - Their bodies are unable to cool themselves fast enough. Children and adults with heat exhaustion often complain of being tired, weak, and "feeling hot". It is important to prevent this by adequate hydration with water and other fluids
- When children are going to be in the sun for several hours,
 - wear clothing that will block some of the sun's rays (clothing that you can't see your hand through).
 - wear a hat with a brim and sunglasses with a label stating they protect against the damaging UV rays of the sun.
- Heat Stroke is an extremely serious condition. It is important, as a caregiver, to observe children when playing outside for s/s of heat stroke.
 - A child may have red, hot skin with decreased or no sweating and an elevated temperature.
 - He/she might complain of a headache, feeling nauseous or dizzy, and being confused.
 - If left untreated, the child might even lose consciousness.
 - By following the steps above ,and making sure that children stay well hydrated with fluids , a medical emergency can be averted.



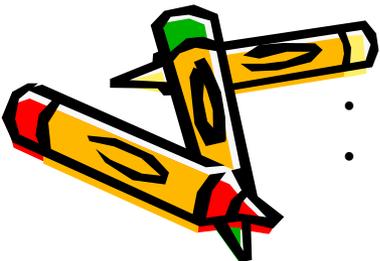
Harmful Insects:

- Children are fascinated by insects that creep, crawl and bite. Summertime is when many of these “critters” present themselves when caregivers take children on walks outdoors or clean closets or outside patio areas getting centers ready for the change of seasons.
- There are some spider bites that require immediate attention:
 - Black widow and brown recluse spiders . Although not usually fatal, children or adults who are bitten become sick.
 - First aid requires washing the bite with soap and water; applying an ice pack to bite area; and trying to elevate the area. Try to keep the child calm and quiet so the venom from the spider bite won't spread.
- Other summertime injuries can occur with chigger bites. These little mites are found in grassy fields, lakes and streams, in forests and places “off the beaten path”.
 - Children are most often exposed to these from un-mowed grassy areas while playing sports or playing hide and seek while on picnics.
 - Adult chiggers use tiny claws to attach to people and bite.
 - The chigger “feeds” off a persons' skin for a few days and will then fall off, leaving a red welt that itches and can last for days or weeks.
 - Again, use first aid and a calamine lotion or cool compress to help with the itching. During summer months you may ask parents to apply an insect repellent to children that contains 10-30%DEET. DO NOT use on infants less than 1 year of age without first checking with a pediatrician.

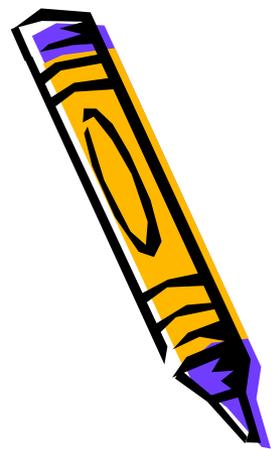


Harmful Insects cont:

- Bee and fire ant stings can cause the area to swell up quickly and may require medical action due to an allergic reaction.
 - It is important as a caregiver recognize if a child breaks out in hives, expresses a tight feeling in the throat, or difficulty breathing with dizziness and/or nausea AND has been stung, that he/she may need immediate medical attention.
 - In anticipation of summertime, check and update children's medical status. Parents may need to provide your center or day care setting with an emergency use epi pen for their child.
- Children get rashes during the summertime. Some may have heat rash, others poison oak/ivy rash, dermatitis, and eczema due to dry skin.
- However, if a child comes to you with a "bull's eye" appearing rash...think tick bite and talk with the parents.
 - Ticks attach to the skin and sucks blood. A child or adult may not even feel the bite but notice a little redness the next day or so.
 - Lyme disease is carried by the Deer tick.
 - Rocky Mountain Spotted Fever is carried by the Dog tick.



Summertime can be fun and safe!



- As you can see, there are many summertime hazards that can affect both children and adults.
- As a caregiver, a parent, or babysitter to take care of yourselves on these "lazy, hazy days of summer". Check your immunization status...if you have not had a Tetanus/Diphtheria /Pertussis booster in 10 years check with the local health department .
- Have water readily available for you to drink to avoid dehydration.
- Remember, you can adapt many of the same safety tips for you and your family this summer.

