



# Health and Welfare Alert

Summer Safety #02-05-24

## TIPS FOR SUMMER SAFETY

### KEEP OTHERS SAFE THIS SUMMER

#### Prevent Heatstroke



Be aware of temperatures!

#### Use Sunscreen



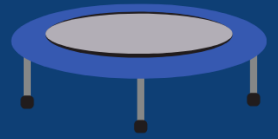
Protect yourself from UV rays!

#### Stay Hydrated



Pack extra water and drinks!

#### Trampoline Safety



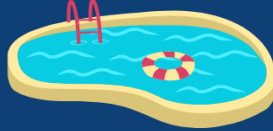
Practice safe jumping!

#### Carry First Aid



Keep gloves, bandages, etc.

#### Prevent Drowning



Pay attention to swimmers!

#### Pedestrian Safety



Wear something reflective!

#### Wear Cool Clothes



Wear protective clothes!

#### Get in the Shade



Use an umbrella if necessary!

#### Fire and Grill Safety



Check flame and temperature!

#### Choking Prevention



Properly prepare/cut food!

#### Bug Bite Protection



Use bug spray to avoid bites!

#### Monitor Home Temp



Comfortable temperatures!

#### Prevent Food Poisoning



Clean, Separate, Cook and Chill!

#### Safety at Festivals/Fairs



Carry identification for safety!

#### Bike Safety



Wear a helmet!



### Dehydration

Dehydration is the loss of body fluids and electrolytes due to sweating and an inadequate intake of water. Drinking alcohol or caffeine, such as coffee, tea, or pop, can make someone dehydrated. Some signs include: heat exhaustion, headache, nausea or vomiting, fainting, blurred vision, confusion, decreased urine output or urine that is concentrated and appears dark, sunken eyes, wrinkled or saggy skin, decreased skin elasticity, extreme dryness in the mouth, fever or a temperature higher than 102 degrees, and severe pain or blistering of the skin.

If dehydration is suspected, rehydration is the key to preventing further complications. Remember to drink at least eight glasses of water per day. Sunstroke, or heat stroke, is a serious, life-threatening condition when the body is exposed to hot temperatures for long periods of time. If sun or heat stroke is suspected, seek medical attention immediately. This condition occurs as a result of overexposure to the sun's ultraviolet rays. Risk of sunburn is higher for people with fair skin, blue eyes, and red or blonde hair. People with darker skin tones can also burn. Taking certain medications or having compromised skin also increases the risk.

### To prevent sunburn

- Avoid the sun between 10 AM and 4 PM
- Wear a hat, especially if hair is thin on top of the head
- Reapply sunscreen every two to three hours, or more if swimming
- Remember, sunburns can happen on cloudy days
- Use sunscreen with SPF 15 or higher 30 minutes before going outside
- Try to stay in the shade
- Use lip balm that includes sunscreen
- Put on sunglasses with 100 percent UV protection

### Preventing Hot Car Deaths

People with intellectual/developmental disabilities (IDD) are at high risk of suffering a heat stroke, other injuries, or even death if left unattended in a car during the summer months. Leaving a person alone for less than 10 minutes can cause serious harm, as they may not be able to exit the vehicle even when temperatures become dangerously high. They may also not be able to call for help. Others at risk include infants and young children, elderly adults, and people who are overweight or who have chronic medical conditions, including those taking medications

such as psychotropic medications and diuretics. Never leave anyone in a parked car, no matter what the reason or length of time. Cracking the window does not protect people from heatstroke when left in a vehicle during hot temperatures.

### Water Safety

Every day, about 11 people die from unintentional drowning. According to the Center for Disease Control (CDC), drowning is the leading cause of death for children. Direct support professionals (DSPs) should know each person's ability to be safe in and around water. For children, some people with Autism, and those who are at risk around water, take the following steps:

- Identify nearby water hazards (bathtubs, pools, hot tubs, and other bodies of water) and ensure that precautions such as locks, pool covers, alarms, and fences are in place and checked frequently.
- Make sure your family, friends, neighbors, service providers, and babysitters know about specific risks (water safety and wandering) so they can ensure safeguards are in place.
- Encourage swimming lessons or water safety classes.
- When swimming is planned, make sure the responsible staff is comfortable being in the water, provides close supervision, and has first aid and CPR training.
- Use life jackets or other flotation devices.
- Watch for someone who is too tired, cold, far from safety, getting too much sun, or doing strenuous activity.

### Festival and Fair Safety

Be prepared. Make sure there are enough staff to make the day fun and safe. Bring extra clothes, sunscreen, water, toileting, and adaptive supplies. Stay together and make sure people have identification or IDs on them and know who to go to if they need help or get separated. Always make sure there are proper bathroom accommodations to meet the person's needs. Plan ahead to make sure meals and snacks are available for that person and account for any dietary or special needs.

### Trampoline Safety

Allow only one jumper at a time, and make sure people are [properly supervised](#). Ensure that supporting bars, strings, and surrounding landing surfaces have adequate protective padding that is in good condition and appropriately placed.

### Food Poisoning Safety

By following four simple steps—Clean, Separate, Cook, and Chill—you can help protect yourself and the people you support from food poisoning. To learn more, click: <https://www.cdc.gov/foodsafety/keep-food-safe.html>