

The Putnam County Department of Health

SUMMER SAFETY TIPS



Keep children and teens safe this summer...

❖ Stay close, be alert and never leave children unattended around bodies of water

- Drowning is a leading cause of unintentional injury death in the U.S. Follow proven water safety steps to assure a safe and fun experience. You never know which one might save a child's life—until it does.

For more information about water safety visit:

<http://www.poolsafely.gov/parents-families/simple-steps-save-lives/>

❖ Always use sunscreen

- Just a few serious sunburns increase the risk for skin cancer later in life. UV rays are strongest between 10am and 4pm so limit time in the sun during these hours and when outdoors, always apply sunscreen SPF 15 or greater, with both UVA and UVB protection. For more information about skin protection visit:

http://www.cdc.gov/cancer/skin/basic_info/children.htm

❖ Remember –bicycles are not a toy, they are vehicles

- To remain safe, everyone needs to know the rules of the road and wear a properly fitting helmet. For more bicycle safety information visit:

<http://www.nhtsa.gov/people/injury/pedbimot/bike/kidsandbikesafetyweb/index.htm>

❖ **Teen Driver Alert!**

- Nationally, summer is the time 16 and 17 year-old drivers are more likely to be severely or fatally injured in motor vehicle crashes. Teens are less likely to buckle up during summer months and to transport more than two other teen passengers. Parents who take an active role in managing their teen's driving can cut the risk of a car crash in half. For more information about teen driving safety visit:

http://www.cdc.gov/ParentsAreTheKey/pdf/Parent_Teen_Driving_Agreement-a.pdf

❖ **Be Tick and Mosquito Free!**

- Ticks, mosquitoes and other insects are all potential carriers of disease, but there are steps you can take to reduce the chances of being bitten. For more information about ticks and mosquitoes visit:

<http://www.cdc.gov/lyme/> and
<http://www.cdc.gov/features/StopMosquitoes/>

❖ **Prevent the spread of rabies**

- Rabies is a viral disease spread through contact with an infected animal. Never pet, feed, or adopt stray animals, even if they appear healthy.
- All animal bites and/or contact with wild animals should be reported promptly to the Department of Health at 845-808-1390. After hours or on weekends/holidays report the incident by calling the Environmental Health Hotline at 845-808-1390 and press “3.” For more information about rabies visit:

<http://www.cdc.gov/rabies/>