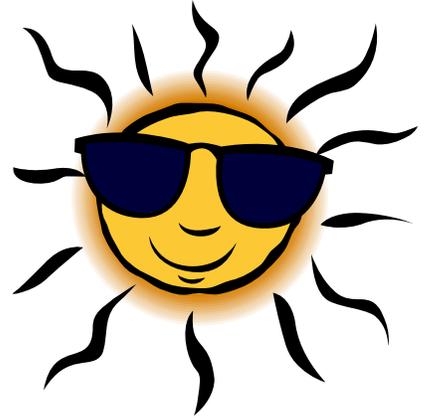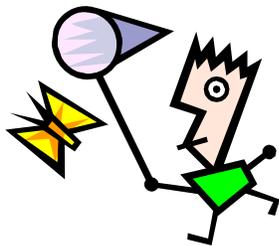# Summer Safety Tips - 2006

Ah, SUMMERTIME! Months filled with more hours outdoors, lots of great exercise and health benefits, opportunities to create special memories . . . **and increased risks for children** that unfortunately go hand-in-hand with the best of the season. These must be taken seriously, but as long as we are aware of the risks and follow proactive measures, we can keep summertime a safe time for the children in our care.

The following links will help you get full enjoyment from summertime while preventing harm to children.

- Check this site from the **North Carolina Department of Environment and Natural Resources** for daily reports on ozone levels in your part of the state.

- This study spells out in detail the **dangers when children are left alone in hot cars**. Overheating can cause death within even very short periods of time. The site includes safety recommendations for parents and caregivers to help them avoid such a tragic accident.

- Water safety – in pools and hot tubs, at the beach, boating, even at home – is the focus of the **Safe Kids Water Safety Campaign 2006**. Checklists are available in both English and Spanish.

- The **American Academy of Pediatrics** offers summer safety tips on many topics (swimming, sun, heat stress, bugs, bikes, scooters, boats, lawn mowers, and more). Each topic links to a more detailed discussion. The information is also available in Spanish.

- Safe use of insect repellent for children is a special concern in the summer months due to the diseases carried by ticks and mosquitoes. The **Centers for Disease Control** addresses the issues with clear information and suggestions. Some additional resources are linked to this article.

- The **National Resource Center for Health and Safety in Child Care** has multiple links to summer safety tips, including some in Spanish.

- **DHHS press release**: Hot Cars and Kids are a Deadly Combination - cautions and safety tips from the State Health Director.

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