PROTECTING CHILDREN FROM THE SUN

Just a few serious sunburns can increase your child’s risk of skin cancer later in life. Kids don’t have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun’s harmful ultraviolet (UV) rays whenever they’re outdoors.

Seek shade. UV rays are strongest and most harmful during midday, so it’s best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it’s happened.

Cover up. Clothing that covers your child’s skin helps protect against UV rays. Although a long-sleeved shirt and long pants with a tight weave are best, they aren’t always practical. A T-shirt, long shorts, or a beach cover-up are good choices, too—but it’s wise to double up on protection by applying sunscreen or keeping your child in the shade when possible.

Get a hat. Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don’t protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.

Wear sunglasses. They protect your child’s eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

Apply sunscreen. Use sunscreen with at least SPF 15 and UVA and UVB protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don’t forget to protect ears, noses, lips, and the tops of feet.

Take sunscreen with you to reapply during the day, especially after your child swims or exercises. This applies to waterproof and water-resistant products as well.

Follow the directions on the package for using a sunscreen product on babies less than 6 months old. All products do not have the same ingredients: if your or your child’s skin reacts badly to one product, try another one or call a doctor. Your baby’s best defense against sunburn is avoiding the sun or staying in the shade.

Keep in mind, sunscreen is not meant to allow kids to spend more time in the sun than they would otherwise. Try combining sunscreen with other options to prevent UV damage.

Too Much Sun Hurts

Turning pink? Unprotected skin can be damaged by the sun’s UV rays in as little as 15 minutes. Yet it can take up to 12 hours for skin to show the full effect of sun exposure. So, if your child’s skin looks "a little pink" today, it may be burned tomorrow morning. To prevent further burning, get your child out of the sun.

Tan? There’s no other way to say it—tanned skin is damaged skin. Any change in the color of your child’s skin after time outside—whether sunburn or suntan—indicates damage from UV rays.

Cool and cloudy? Children still need protection. UV rays, not the temperature, do the damage. Clouds do not block UV rays, they filter them—and sometimes only slightly.

Oops! Kids often get sunburned when they are outdoors unprotected for longer than expected. Remember to plan ahead, and keep sun protection handy—in your car, bag, or child’s backpack.
What are recreational water illnesses (RWIs)?

RWIs are illnesses that are spread by swallowing, breathing, or having contact with contaminated water from swimming pools, spas, lakes, rivers, or oceans. Recreational water illnesses can cause a wide variety of symptoms, including gastrointestinal, skin, ear, respiratory, eye, neurologic and wound infections. The most commonly reported RWI is diarrhea. Diarrheal illnesses can be caused by germs such as Crypto, short for Cryptosporidium, Giardia, Shigella, norovirus and E. coli 0157:H7.

Where are RWIs found?

RWIs can be spread through use of swimming pools, hot tubs, decorative water fountains, oceans, lakes, and rivers.

Who is most likely to get ill from an RWI?

Children, pregnant women, and people with compromised immune systems (such as those living with AIDS, those who have received an organ transplant, or those receiving certain types of chemotherapy) can suffer from more severe illness if infected. People with compromised immune systems should be aware that recreational water might be contaminated with human or animal waste that contains Cryptosporidium (or Crypto), which can be life threatening in persons with weakened immune systems. People with a compromised immune system should consult their health care provider before participating in behaviors that place them at risk for illness.

Six "PLEAs" For Healthy Swimming: Protection Against Recreational Water Illnesses (RWIs)

You Can Choose to Swim Healthy!

Healthy Swimming behaviors are needed to protect you and your kids from RWIs and will help stop germs from getting in the pool in the first place.

Here are six "PLEAs" that promote Healthy Swimming:

Three "PLEAs" for All Swimmers
Practice these three "PLEAs" to stop germs from causing illness at the pool:

Please don't swim when you have diarrhea. This is especially important for kids in diapers. You can spread germs in the water and make other people sick.

Please don't swallow the pool water. In fact, avoid getting water in your mouth.

Please practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

Three "PLEAs" for Parents of Young Kids
Follow these three "PLEAs" to keep germs out of the pool and your community:

Please don't swim when you have diarrhea. This is especially important for kids in diapers. You can spread germs in the water and make other people sick.

Please change diapers in a bathroom and not at poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.

Please wash your child thoroughly (especially the rear end) with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that end up in the pool.
**Developmental Milestones:**
As your child grows into early childhood, his world will begin to open up. She will become more independent and begin to focus more on adults and children outside of the family. He will want to explore and ask about his surroundings even more. Her interactions with family and those around her will help to shape her personality and individual ways of thinking and moving. During this stage your child will be able to ride a tricycle, use safety scissors, show awareness of gender identity, help to dress and undress himself, play with other children, recall part of a story, and sing a song.

For more information on developmental milestones and warning signs of possible developmental delays, visit Learn the Signs - Act Early (http://www.cdc.gov/ncbddd/autism/ActEarly).

**Positive Parenting:**
- Continue to read to your child. Nurture her love for books by taking her to the library or bookstore.
- Let your child help with simple chores.
- Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.
- Help your child’s language by speaking to her in complete sentences and in “adult” language.

Help her to use the correct words and phrases.
- Be clear and consistent when disciplining your child. Model the behavior that you expect from him.

**Child Safety First:**
As your child becomes more independent and increases her interaction with the outside world, it is important that you and your child are aware of ways to stay safe. Here are a few ways to protect your child.

- Tell your child why it is important to stay out of traffic. Tell him not to play in the street or run after stray balls.
- Be cautious when letting your child ride her tricycle. Keep her on the sidewalk and away from the street.
- Check outdoor playground equipment. Make sure there are no loose parts or sharp edges.
- When your child is playing outside, keep watch over him at all times.
- Practice water safety. Teach your child to swim.
- Teach your child how to interact with strangers and how not to interact.

**SURVIVING IN A FAST FOOD NATION**

One out of 3 meals is eaten outside the home, and for most people this means fast food. Although quick and cheap, these meals can add up to some serious calories! You can eat healthier at fast food restaurants if you follow some of these guidelines:

- Avoid the following words: crispy, crunchy, breaded, cheesy, super, ultimate, thick, loaded, deluxe, double, triple, creamy or special sauce.

Don’t always count on the words to be an indicator of what is healthy or not. Here are basic foods to avoid:

- Fried foods (chicken, fish, onion rings)
- Mayonnaise or mayo-based sauces or spreads
- Regular sodas, sweet tea, artificial fruit drinks
- Alfredo or white sauces
- Sandwiches or croissants or biscuits
- Pastries, including baked items and fried pies

- Super-sized items and value or combo meals
- Items with bacon or sausage
- Full fat dressings.

Healthier options:

- Baked, broiled or grilled foods
- Chicken or fish
- Junior sizes
- Low-fat or fat-free dressing
- Whole wheat bread and pasta
- Fruit and yogurt cups
- Tomato sauce on pasta
- Baked potato
- Broth based soups
- Water, unsweetened tea, light lemonade, diet drinks or low-fat milk
- Small soft serve ice crème in a cup
**Eye drainage**—if thick mucus or pus drainage is present, keep the child home until 24 hours after treatment has begun or until a health care provider determines that the eye drainage is not due to a communicable disease.

**Fever**—keep a child home that seems sick and has a temperature of 100 degrees or higher under the arm or 101 degrees or higher orally. Get immediate medical attention when an infant (under 4 months) has a temp of 100 degrees or higher OR if a child of any age has a temp of 105 degrees or higher.

**Diarrhea or unexplained blood in stools**—do not send the child until 24 hours after diarrhea stops.

**Head lice**—the child should not return to school until all head lice are gone.

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**Disease Prevention…**

**WHEN CHILDREN SHOULD NOT RETURN TO CHILD CARE OR SCHOOL:**

- **Vomiting**—children should not return to school until 24 hours after vomiting has stopped. Make sure the child gets plenty of fluids.

- **Persistent stomach pain**—do not send the child to school if the pain continues for more than 2 hours or pain is associated with fever or other signs or symptoms.

- **Mouth sores**—do not send a child to school until a medical exam indicates the child is not infectious.

- **Rash with fever or behavioral change**—do not send a child until medical exam indicate these symptoms do not indicate an infectious disease.