



Grandparents Corner

April 2017

Summer Safety

Summer is just around the corner. Summer's dangers are often overlooked as people try to relax. Here are some quick tips to help keep you and your loved ones safe this season. Melanoma, the most dangerous form of skin cancer, is associated with severe sunburns and harmful UVA and UVB rays. Protecting your child against sunburns early on in life is essential.

Sun Protection

- Wear protective clothing such as long-sleeved shirts and long pants.
- Wear a wide-brimmed hat that shades your face, neck and ears.
- Seek shade whenever possible.
- Wear sunscreen with a sun protection factor (SPF) of 15 or higher as well as UVA and UVB protection.
- Re-apply sunscreen regularly, especially after swimming, or drying skin with a towel.
- Wear sunglasses that block both UVA and UVB rays.
- Avoid direct sun exposure between 10:00 am and 4:00 pm when the sun's rays are strongest.
When applying sunscreen, use enough to cover all exposed areas, including your child's face, nose, ears, feet and hands. Below is a list of age appropriate guidelines.

Babies

- Since their skin is too sensitive for sunscreen, it should not be used on children under six months and they should be kept out of direct sunlight.
- Use removable mesh shields on your car windows to keep UVA rays from penetrating the glass. UV film also blocks almost 100 percent of UV rays from entering your car, and can be applied to your windows without reducing visibility
- Use a stroller with a sun-protecting cover.
- The same guidelines should be followed for babies over six months, but small amounts of sunscreen can be applied to exposed areas. Look for a tear-free formula to avoid stinging if it gets in your baby's eyes.

Younger Children

- Apply SPF or higher to exposed areas. Water-resistant, spray-on products work good for active children who don't want to sit still while you apply a lotion.
- Work with your child's daycare or school to ensure sun safety precautions are taken when outside.
- Teach your child the importance of good sunscreen habits.

Teens

- Talk to your teen about the risks of tanning booths. Remind them that UVA rays are the dominant tanning ray, so it is important to remember that although a tan may not hurt, it can eventually lead to skin cancer.
- Encourage the use of protective sunglasses.

Source: Ohio Department of Health

Caregivers must also take care that they do not spread their cold or flu to the person in their care. Remember to cover your mouth and nose with a tissue when coughing or sneezing and dispose used tissues in the nearest waste receptacle. Read the issue and answer True or False to the questions below.

1. The Zika virus is transmitted by flies and ticks. T F
2. The Zika virus can be found in blood, semen, urine and saliva of infected people, as well as in fluids in the eye. T F
3. Standard or Universal Precautions are practices designed to reduce the spread of disease. T F
4. Disposable gloves should be worn anytime you might be exposed to body fluids.
T F
5. Handwashing is the most important way to prevent staph infections. T F
6. Flu and cold viruses cannot survive on keyboards, phones and door knobs. T F
7. It is important to wash hands before and after contact with the person in your care or other people; after using the restroom; before eating; after every time you sneeze, cough, or blow your nose; after touching a pet; and when you come into the home.
T F
8. Gowns and eye protection (safety glasses) are used to protect the caregiver from splashes. T F
9. There is an antibiotic-resistant strain of staph bacteria. T F
10. Simple hand washing can cut down on the number of people who get sick from colds or flu, as well as prevent life threatening illnesses. T F

KEY: 1. F 2. T 3. T 4. T 5. T 6. F 7. T 8. T 9. T 10. T