

Nurses' Newsletter

Summer Edition 2016

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Summer Safety Tips



Summer is here and we all can't wait to be at the pool, swimming at the beach with the sand between our toes, riding our bikes, running or jogging, or outside enjoying a great BBQ with family and friends. But too much of a good thing can be harmful. Too much sun exposure can cause sunburns, wrinkles and skin cancer. UV exposure is at its peak from 10 a.m.– 4p.m. during the summer months. Using sun safety tips can help protect you from the harmful UV rays.

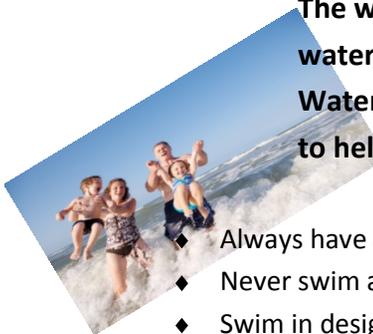
Follow these sun safety tips to help you stay protected and have a burn free summer.



1. Slap on a hat.
2. Slip on some clothing.
3. Seek shade.
4. Wrap some sunnies around your eyes.
5. Slap some sunscreen on every 2 hours.



The weather is hot and you just want to cool off. Everyone wants to be at the water, whether it be at the pool, the beach, or boating, enjoying themselves. Water can be fun and DANGEROUS at the same time. Follow these safety tips to help protect you and your loved ones from drowning:



- ◆ Always have adult supervision at all times
- ◆ Never swim alone; always swim with a buddy
- ◆ Swim in designated areas only
- ◆ Wear a life jacket around water
- ◆ Parents, pay attention to your children at all times— STAY OFF PHONES, stay within arms reach
- ◆ Learn to Swim
- ◆ Learn CPR
- ◆ Teach your children how to dial 911

While we love being outside during summer, we also have to deal with those pesky, blood thirsty mosquitos. Mosquitos are known to spread many diseases such as Malaria, Dengue, Yellow Fever, West Nile Virus and Zika, just to name a few. The Zika Virus is reported to cause symptoms that are mild such as a fever, rash, muscle and joint pain and red eyes (conjunctivitis) in children and adults, but may also cause microcephaly (abnormally small head) in newborns of mothers infected with the Zika virus during pregnancy. See the picture (right) to learn how to prevent mosquitos bites:



REMINDERS:

All SWISD students' immunizations MUST be up -to-date in order to start school in August. If you have questions on your child's shot record, please speak to your child's school nurse or your child's doctor.

*Incoming 7th Graders

MUST have:

1 Tdap/Td booster *within last 5 years*

1 dose of Meningococcal vaccine