

Summer Safety Tips —

Parents, it's that time of year again – school's out, no more homework, and children have lots of free time to have fun. Here are some important summer safety tips to share with your kids, so everyone can enjoy themselves while staying safe.

Water Safety

- Never leave a child **alone** in or **near** the water.
- If you have a pool or live on the water, make sure to have layers of protection to safeguard your children. These include **window** and **door locks/alarms, self-latching** and **self-locking pool fencing**.
- **“Reach or Throw, Don't Go.”** Never jump into a body of water to rescue someone, because they may pull you under. Throw them a rope or rescue ring.

Sun Burn Safety

- Stay out of direct sunlight between **11 a.m. and 3 p.m.**, as this is when the UV is the strongest.
- Babies younger than 6 months old shouldn't be exposed to **direct** sunlight.
- For children over 6 months old, use sunscreen with an SPF of **15 or higher**.
- Apply sunscreen with an SPF of 30 to 45 and **reapply** every two hours.
- Drink plenty of **fluids** to avoid heat exhaustion and dehydration.

Bike Safety

- Make sure your child is always wearing their **helmet**.
- Wear **bright-colored clothing** when biking.
- When riding at night, **use headlights, taillights, and reflectors**.
- Follow all **signs, street and sidewalk markings, and traffic lights**.

Bug Bite Safety

- Safe and effective insect repellents include those with **DEET, citronella, and soybean oil**. Insect repellents containing DEET should not be used on children **under 2 months old**.
- Apply repellent to your own hands and then rub it on the child's exposed skin.
- Dusk and dawn are the worst times for bugs, so stay indoors during these times or wear long-sleeved shirts and pants.
- Don't allow children to handle insect repellent.

For more information about burn safety, contact the Miami Burn Center at 305-585-BURN. For more information about our pediatric services, visit ExpertKidsCare.org, or call 305-585-KIDS.



For more videos, tips, and resources, visit ParentalGuidance.org or scan the above QR code.

PARENTAL GUIDANCE

SUMMER SAFETY TIP SHEET

