



Summer 2008

PLAY GROUND SAFETY TIPS

- Make sure play equipment is proper size. For example small swings for small children and larger swings for older children.
- Check the ground near slides. Make sure there are no rocks, glass or other debris that may cause an injury when landing at the bottom.
- Check the play surface. The following surfaces are made to absorb the impact of a fall: wood chips, mulch, sand, pea gravel, and rubber mats.

OFFICE TIPS FOR PHYSICAL TIME

- ◇ Our phones open at 8:00 each day. If your child is sick we ask that you call as early in the day as possible for greater flexibility in scheduling. Same day physicals are **USUALLY NOT AVAILABLE** due to accommodating sick children on the same day.
- ◇ If your son or daughter needs forms completed during the visit please give them to the nurse when you are called. We do have standard forms for the state physical & sports physicals.
- ◇ Please bring vaccine records to the visit. If we do not have records this may delay completing necessary paper work.
- ◇ Some children may require blood or lab work in order to complete forms. This means the forms will be completed in usually 1 to 2 days following the visit.

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FUN IN THE SUN & OUTDOORS

- Babies under 6 months of age **SHOULD NOT** be in direct sunlight.
- A small amount of baby sunscreen can be used under 6 months but it is not a substitute for keeping the baby out of the sun. Baby sun hats are always a good idea.
- After 6 months old you may use enough sunscreen to cover all exposed areas. Do not forget the face, nose, ears, feet and hands. It should be applied 30 minutes before going outdoors.
- Sunscreens are used for protection, not a reason to stay in the sun longer!!!!
- It only takes two blistering sunburns to increase the risk of skin cancer.

INSECT REPELLENTS

- Types that are **NOT** effective: wristbands, ultrasonic devices and bug zappers. (They may kill the bugs but they actually attract more to the yard)
- Products that are effective contain DEET.
- Apply on outside of clothing and exposed skin. Using more does not make it more effective.
- Use in open areas to avoid breathing in.
- When returning indoors wash off remaining with soap and water.
- Insect repellents are **NOT** recommended for children under 2.
- Children under 2 are best protected by light weight clothing.

Emergency Department and Urgent Care Visits

98 Percent of these visits can be avoided!!! Please call before using these facilities. Fevers are almost never a reason to use the emergency room!!!!

