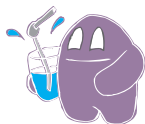
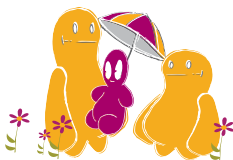


Summer Safety Tips



Time for summer sun, fun and safety!





Sun & Heat Safety

- Babies under six months should be kept out of the direct sunlight. The best way to prevent sunburn is to dress infants appropriately - in lightweight long pants, long-sleeved shirts or brimmed hats if possible.
- For young children, apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. Check the bottle's label to make sure the SPF is at least 15.
- Make sure children stay well-hydrated while playing outside by giving them water to drink every 20 minutes.

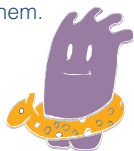
Playground Safety

- Playground equipment gets hot! Make sure metal slides are cool to prevent children's legs from getting burned.
- Always supervise children on playground equipment to make sure they are safe.
- Check playground equipment to make sure children cannot reach any moving parts that may pinch them.



Pool Safety

- Children should never be left alone near water.
- Whenever children are in or around water, an adult should be within arm's length, providing "touch supervision."
- Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life vests and can give children a false sense of security.



For additional summer safety tips, please visit the AAP website at www.aap.org. For more information about FIRST 5 Santa Clara County's programs, visit www.first5kids.org or call 408.260.3700.

