

# BODY AND SOUL:

## MEADE COUNTY CATHOLIC HEALTH MINISTRY

### Planning a Safe Summer

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With summer underway and temperatures rising, everyone is heading outdoors for some fun in the sun. However, it is important to remember some basic safety guidelines to protect our families. Extra attention should be paid to those who are extremely susceptible to heat, including young children, the elderly, and those with health conditions such as asthma or high blood pressure. With common sense and the following precautions, families can remain safe and comfortable all summer long.

- Drink plenty of water, even if you don't feel thirsty.
- Avoid sun exposure between the hours of 10:00 AM and 4:00 PM.
- Wear light, loose clothing and a wide-brimmed hat.
- Use sunscreen consistently.
- Stay cool indoors during extreme heat.
- If you must work outdoors, schedule your activities for the coolest parts of the day.
- NEVER leave children or pets in parked vehicles, even for a short time.
- Don't forget your pets—provide plenty of shade and fresh water.

Take care and have a safe summer!

### Sunscreen Basics

During this time of year, many people are worried about the effects of sun exposure. Too much unprotected exposure to the sun can cause skin damage, eye damage, and even cancer. Children are most vulnerable to skin damage—a few blistering sunburns in childhood can double a person's risk of skin cancer.

Even before you apply sunscreen, a few precautions can be taken. Wear articles such as hats, sunglasses and long-sleeved shirts to shield your eyes and skin.

Apply sunscreen generously about 30 minutes before sun exposure and don't forget to cover lips, ears, the tops of the feet, and the back of the neck. Look for a "broad spectrum" sunscreen with a SPF of 15-50 which protects against both UVA and UVB rays. Opt for creamy sunscreens—sprays and powders can fill the air with particles that may not be safe to breathe. Ingredients to look for include zinc oxide, titanium dioxide, and avobenzone. And don't forget to reapply often according to package directions, especially after heavy sweating or water play.



### Healthy Hydration

It's important to stay hydrated as the temperature rises. Keep in mind the following tips:

- Water is best! Carry a reusable water bottle and refill it often.
- Avoid caffeinated or alcoholic beverages—they cause your body to lose water.
- Eat juicy seasonal summer fruits and vegetables.
- Drink before you are thirsty to avoid dehydration.

### Check it out!

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Have an idea for a future newsletter?  
Share your ideas for future editions!

### Psalms 84:12

For a sun and shield is the Lord God, bestowing all grace and glory.  
The Lord withholds no good thing from those who walk without reproach.

## Water Safety

Swimming is great exercise and a fun way to cool down, but it can also be very dangerous if safety is not your number one priority. When in or around water it is important to keep the following water safety tips in mind:

- Learn to swim.
- Always swim with a buddy.
- Swim in an area supervised by a lifeguard.
- Know your physical limits.
- Use approved flotation devices.
- Be prepared—learn rescue techniques such as CPR.
- Be careful when diving.
- Install barriers around home pools.
- Pay attention to the weather.
- Do not mix alcohol and water play.
- Be aware of your environment.

When it comes to children and water, adult supervision is key. One adult should always be focused solely on the children in the water and free of all other distracting activities. Remember that flotation devices are not a substitute for adult supervision.



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## Heat Emergencies

Heat-related illnesses occur when the body is unable to cool itself. Sweating is our body's first defense, but sometimes that cannot lower body temperature enough. Many signs of a heat emergency are similar to those of the flu:

- Muscle cramps
- Heavy sweating
- Headache
- Dizziness
- Nausea
- Weakness



Heat exhaustion develops in people who are exposed to high temperatures and do not consume enough liquids. Especially susceptible are the elderly, children, persons with high blood pressure, and those who work in hot environments. If not treated heat exhaustion can lead to heat stroke. Heat stroke is a medical emergency and requires immediate treatment. If you think a person is experiencing a heat emergency, call 911 and try to lower the person's body temperature by moving them into a cool place, fanning them, covering them with a wet towel, or placing them in a tub of cool water.

### From the Catechism of the Catholic Church

**The moral life of Christians is sustained by the gifts of the Holy Spirit. These are permanent dispositions which make man docile in following the promptings of the Holy Spirit.**

## Kid's Corner

Let's create a summer fun checklist!

Try to check off as many activities as you can this summer...plus add any of your own adventures to the list!

- \_\_\_\_\_ Going to the pool
- \_\_\_\_\_ Riding in a boat
- \_\_\_\_\_ Going camping
- \_\_\_\_\_ Going fishing
- \_\_\_\_\_ Going to the lake
- \_\_\_\_\_ Having a picnic
- \_\_\_\_\_ Running through a sprinkler
- \_\_\_\_\_ Eating a popsicle
- \_\_\_\_\_ Going to a movie
- \_\_\_\_\_ Watching fireworks
- \_\_\_\_\_ Having a cookout
- \_\_\_\_\_ Going on a road trip
- \_\_\_\_\_ Having a sleepover

