



# Child Safety

Warm weather brings new child activities and new safety risks. Think about how you will keep your child safe this spring and summer.

## Water Safety

- Closely supervise children at all times when they are near in water
- Wear life jackets while boating

## Protect Your Child From the Sun

- Keep your child in the shade during mid-day when UV rays are at their strongest
- Cover up with long sleeve shirts or pants
- Wear a hat that shades the face, head, ears, and neck
- Wear sunglasses with UV protection
- Apply the recommended amount of sunscreen frequently (lotions with titanium dioxide or zinc oxide are less likely to irritate sensitive skin)

## Insect Safety

- Protect your child from insect bites by putting them in long sleeves, pants, and socks
- If you use repellants, choose one with no more than 30% DEET
- Do not use insect repellant on infants younger than 2 months

## Playground Safety

- Use the right-size playground for your child
- Supervise your child closely
- Give your child the right amount of help to do obstacles successfully
- Make sure the playground has ground cover to absorb the impact of a fall

## Outings

- Take plenty of water on your outings during the summer months
- Stay away from poison ivy (remember, 'leaves of three, let them be')

## Car Safety

- Never leave children or pets in a closed car
- Adjust your child's car seat to fit properly
- Make sure the car seat has not expired or been recalled