

Resources

More information on how to find a camp for you child, safety measures, hand hygiene and other related topics can be found online at:

Center for Health & Hygiene in the Home and Community
www.simmons.edu/hygieneandhealth

American Camp Association
www.campparents.org

American Pediatric Association
www.aap.org

Environmental Protection Agency
“SunWise Program”
www.epa.gov/sunwise/index.html

Poison Ivy
www.poison-ivy.org

American Academy of Dermatology
www.aad.org



Center for Health & Hygiene in the Home & Community

Hygiene Tips:

- Remind your child to wash their hands before snacks and meals, after petting animals, and after swimming.
- Pack hand sanitizer wipes or gel in your child’s backpack and lunch bag. This will help remind them to practice proper hand hygiene. For more information, download our [Hand Washing Tips](#) brochure.

Hydration Tips:

- Proper hydration is the best defense against heat exhaustion and heat stroke.
- If your child attends summer camp, ask about the program’s hydration policy and the beverages that are provided daily.
- Make sure to pack plenty of fluids in break-resistant plastic bottles when going to the park, beach, or camp. For more information on different plastic resins, download our [Decoding Plastic](#) brochure.
- Freeze water bottles or sports drinks to keep them cold.

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Center for Health & Hygiene in the Home & Community

Summer Safety: Avoiding Bugs and Burns



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Here are a few simple guidelines to help ensure summer time safety.

Bug Safety

Ticks

- Wear light-colored clothing; a tick is easier to spot against a pale background.
- Inspect your child each day for ticks, especially if they have been playing near wooded areas. Pay special attention to the area behind the neck and ears, the groin, the scalp, and in the armpits.
- When going on a hike in the woods, have your child wear breathable long pants that are tucked into their socks for extra protection.

The longer a tick is under the skin, the higher the chance of infection with Lyme disease.



Removing a tick within 24 hours will help prevent disease transmission.

How to Remove a Tick

1. Use tweezers to grasp the tick firmly by its head or mouth, next to the attached skin.
2. Pull steadily but gently until the tick lets go of the skin, be careful not to crush the tick
3. Place the tick in a sealed plastic bag and throw away, or a jar of rubbing alcohol
4. Swap the skin site with rubbing alcohol

Mosquitoes

The best protection against biting insects is to use a bug repellent. The American Academy of Pediatrics (AAP) states that insect repellents with DEET are safe to use on children. The AAP recommends that parents should not reapply insect repellents with DEET more than one time a day.



Products with 10% DEET are appropriate for children 2-12 years old.

Examples:

- OFF! FamilyCare Insect Repellents (5 or 7% DEET)
- Cutter All Family Mosquito Insect Repellent (7% DEET)

DEET-free insect repellent are also effective and approved for use on children.

Examples:

- Avon Skin So Soft Bug Guard Insect Repellent
- Bull Frog Mosquito Coast
- Burt's Bees Herbal Insect Repellent

Safely Using Insect Repellent

- Apply repellent primarily to your child's clothing, use sparingly on their skin. DO NOT spray repellent over cuts or near the eyes, nose, or lips.
- Wash off insect repellents once your child gets home; wash treated clothing.
- Avoid using perfumed detergents, scented soaps, or scented hair products.
- Avoid bright colored or floral clothing.

If you suspect that your child is reacting to an insect repellent, discontinue its use, wash the treated skin and call your local poison control center.

Plant Safety

Poison Ivy

Being able to identify and avoid poison ivy plants is the best form of prevention.

Go through pictures of poison ivy with your child so they know how to identify and avoid it.



Key points about poison ivy:

- Always has three leaves, usually shiny, "leaves of three let it be".
- All three leaves are about the same size.
- There are no thorns on the stem.
- Poison ivy typically grows in the form of a vine and often grows around lakes, streams, or rivers.

Treating a Poison Ivy Rash

- Apply cold, wet compresses to the itchy areas of your child's skin for 15-30 minutes a couple of times each day.
- Add natural ground oatmeal to your child's bath to relieve itching.
- Apply anti-itch creams, such as Calamine Lotion
- Oral antihistamines can help relieve itching. Check with your doctor before giving your child any medication
- Oral steroids, prescribed by a physician, are used for severe cases. Call your child's doctor if they have a fever over 100°, have a rash over large areas of their body or in the eyes, mouth or genital area.



Sun Protection

- With the right precautions, kids can safely play outside in the sun. To limit sun exposure and damage:
- Cover up! Have your child wear a wide brimmed hat to shield their face from the sun.
- Apply sunscreen 15-30 minutes before going outdoors, reapplied at least every 2-3 hours. Don't forget about the lips, ears, feet, shoulders, hands, and the back of the neck.
- Use water-resistant sunscreen with a SPF (sun protection factor) of 15 or higher that also protects against UVA and UVB rays.
- Apply sunscreen every time your child gets out of the water. Waterproof sunscreens can rub off when your child dries off with a towel after swimming.
- Provide your child with sunscreen to bring to camp to apply themselves, if old enough, or have them ask a counselor to do it for them. Stress the importance of reapplication!
- Use sunscreen even on overcast or cloudy days, UV rays can travel through clouds and pollution.