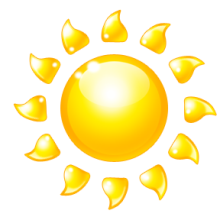
Nurse Notes

Woerner Elementary School

Volume 2, Issue 2 June 2013

Summer Safety Tips for Children

* Planning to spend time outside means planning to spray yourself and your kids with insect repellent -- help reduce bites from [mosquitoes](http://science.howstuffworks.com/zoology/insects-arachnids/mosquito.htm), ticks, fleas and other bothersome bugs.
* There are different types of repellents: those that contain [DEET](http://adventure.howstuffworks.com/outdoor-activities/hiking/deet.htm) and those that don't. Use insect repellents containing DEET on kids sparingly. DEET can be toxic. Repellents with 10 to 30 percent concentrations of DEET can be used on exposed skin, clothing, and shoes but do not apply it to faces or hands. If you want to avoid DEET, the Centers for Disease Control and Prevention (CDC) recommends repellents that contain picaridin or oil of lemon eucalyptus, both are non-toxic and able to reduce mosquito bites just as well as formulas with low levels of DEET
* More than 205,000 kids visit [emergency rooms](http://people.howstuffworks.com/emergency-room.htm) with playground-related injuries every year, Many of these injuries could be prevented with a little precaution and adult supervision.
* Check the playground equipment before letting kids play on it. Surfaces that are too hot can cause burns, and loose ropes -- ropes that aren't secured on both ends -- can cause accidental strangulation. The ground should be covered in a protective surface such as rubber mats, wood or rubber mulch or wood chips, never grass, asphalt or concrete. The right surface materials could reduce the risk of [head injury](http://healthguide.howstuffworks.com/head-injury-dictionary.htm) or other severe injury in the event of a fall.

**SAFETY TIPS FOR CHILDREN:**

1. Make sure you know where each of your children are at all times. Know your children’s friends and be clear about places that they are allowed to visit.
2. Never leave children unattended in a vehicle whether is running or not.
3. Be involved in your children’s activities
4. Listen to your children. Pay attention if they tell you they don’t want to be with someone or go somewhere
5. Teach your children that they have a right to say NO! to any unwelcome, uncomfortable, or confusing touch or actions by others.
6. Be sensitive to any changes in your children’s behavior or attitude.
7. Be sure to screen babysitters and caregivers.
8. Practice basic safety skills with your children
9. Remember there is no substitute for your attention and supervision.
10. Notice when anyone shows one or all of your children a great deal of attention or begins giving them gifts, take the time to talk to your child and find out why.

**JUNE IS:**

* Adopt A Shelter Cat/Dog Month
* Cancer from the Sun Month
* Children’s Vision Awareness Month
* Fireworks Safety Month
* Diary Month
* National Camping Month
* National Fruit and Veggies Month
* National Safety Month
* National Smile Month
* National Soul Food Month
* Father’s Day June 16, 2013
* Student Safety Month
* Global Diversity Awareness Month
* Halloween Safety Month
* Health Literacy Month
* National Book Month

Every year an estimated 83,000 children age 14 and younger are treated in hospital emergency rooms for burn-related injuries. Of these, 59,000 are thermal burns and 24,000 are scald burns. And every year 800 children are killed in home fires in the United States.

Burns are the third leading cause of unintentional death among children, and more children die from burns than from any other injury in the home. Children have thinner skin than adults, so they suffer more serious burns at lower temperatures. You can help protect your child from burn injuries and death by making your home a safe place and by practicing fire safety NOW. C:\Documents and Settings\swalker3746\Local Settings\Temporary Internet Files\Content.IE5\HOGFZ5S8\MC900287333[1].wmf

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SCHOOL BUS SAFETY

SCHOOL BUSES ARE THE SAFEST WAY TO GET TO SCHOOL.

School buses are nearly 8 times safer than passenger vehicles. But children must take care when boarding or leaving the bus. While an average of 7 school-age passengers are killed in school bus crashes each year, 19 are killed getting on and off the bus.

Most of those killed are children, five to seven years old. They are hit in the danger zone around the bus (A), either by a passing vehicle or by the school bus itself. It is illegal for a vehicle to pass a bus with its red light flashing.

Young children are most likely to be hit because they:

* hurry to get on or off the bus,
* act before they think and have little experience with traffic,
* assume motorists will see them and will wait for them to cross,
* don't always stay within the bus driver's sight, or
* drop something as they get off the bus and run into the path of the bus to pick it up.

TEACH YOUR CHILD TO GET ON AND OFF THE BUS SAFELY:

* When getting on the bus, stay away from the danger zone and wait for the driver's signal. Board the bus one at a time.
* When getting off the bus, look before stepping off the bus to be sure no cars are passing on the shoulder (side of the road). Move away from the bus.
* Before crossing the street, take five "giant steps" out from the front of the bus, or until the driver's face can be seen (A). Wait for the driver to signal that it's safe to cross.
* Look left-right-left when coming to the edge of the bus to make sure traffic is stopped. Keep watching traffic when crossing.

SAFETY STEPS YOU CAN TAKE:

* Supervise children to make sure they get to the stop on time, wait far away from the road, and avoid rough play.
* Teach your child to ask the driver for help if he/she drops something near the bus. If a child bends down to pick up something, the driver cannot see him/her and the child may be hit by the bus. Have your child use a backpack or book bag to keep loose items together.
* Make sure clothing and backpacks have no loose drawstrings or long straps, to get caught in the handrail or bus door.
* Encourage safe school bus loading and unloading.
* If you think a bus stop is in a dangerous place, talk with your school office or transportation director about changing the location.

LEARN AND FOLLOW SCHOOL BUS STOP LAWS:

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| stopped school bus with sign out and lights flashing (b) |

Laws exist to protect children getting on and off the bus AND protect you from a tragedy. Check with your school or police department for more information on your state's laws. Here are some rules:

* Vehicles must stop when the bus displays flashing red warning lights and extends the stop signal arm (B). Vehicles may not pass until the flashing red lights and signals are turned off.
* Vehicles traveling in the **same** direction as the bus are always required to stop. In some states, vehicles moving in the **opposite** direction on a divided roadway are also required to stop. Check the law in your state.
* Never pass on the right side of the bus, where children enter or exit. This is illegal and can have tragic results.

Violation of these laws can result in a citation and fine. In many places, school bus drivers can report passing vehicles.

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