



# NEWS

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**Summer Safety Tips from the Montgomery County Health Department**  
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**Norristown, PA (July 5, 2016)** – While enjoying the summer sun, it is important to practice outdoor summer safety. Exposure to ultraviolet (UV) light from the sun poses a risk for melanoma, a serious form of skin cancer. The American Cancer Society also recommends their Slip! Slop! Slap!® and Wrap rules: Slip on a shirt; Slop on sunscreen (Broad Spectrum SPF 30 or higher) and lip balm; Slap on a hat; Wrap on sunglasses to protect eyes and the sensitive skin around them. Remember to apply sunscreen 30 minutes before going out in the sun. Reapply every two hours, and after swimming or sweating and toweling dry. Remember to protect skin even on cloudy or cool days.

While planning for a beach vacation or time by the pool, remember that teaching children basic swimming skills is a life-saving step. Children who are around water with a lack of barriers or without close supervision are at a higher risk of drowning. While some adults may know how to swim, there are some factors that contribute to the potential for drowning. The use of alcohol inhibits decision making, judgment, balance, and coordination. The lack of good decision making may cause bad choices such as swimming in restricted areas or not wearing a life jacket while boating.

Remember that it is NEVER safe to leave a child unattended in a car. The internal temperature of a car rises 20 degrees Fahrenheit in 10 minutes and young children can die from heatstroke. The National Highway Transportation Safety Administration (NHTSA) offers these Prevention Tips to Avoid Heat Stroke:

- Never leave a child alone in a vehicle.
- Do not let children play in an unattended vehicle. Teach them that a vehicle is not a play area.
- Never leave infants or children in a parked vehicle, even if the windows are partially open.
- Make a habit of looking in the vehicle – front and back – before locking the door and walking away.

Pets also are at risk of heatstroke in cars. Like children, pets should never be left unattended in a car.

Fireworks-related injuries are most common on the 4<sup>th</sup> of July. Fireworks can cause death and injury, including burns, contusions, lacerations, and foreign objects in the eyes. While celebrating the nation's independence or a fun summer night, always be careful around fireworks:

- Consider attending public fireworks displays instead of using fireworks at home. Each year, thousands of people are seen in the emergency room with injuries, mostly to extremities, from fireworks. Children are especially susceptible to burns from sparklers, which can reach 1200 degrees Fahrenheit.
- If you do plan to use fireworks, make sure they are legal in your area.
- Do not wear loose fitting clothing or light fireworks indoors or near grass.
- Always be prepared for accidents or injuries.
- Never try to relight a firework that did not go off.
- Always place fireworks into a bucket of water when finished.
- There should always be a fire extinguisher, and someone who knows how to use it, nearby.

**Helpful Resources:**

[Sun Safety](#)

[Unintentional Drowning: Get the Facts](#)

[Fireworks Safety](#)