



# Summer Safety

## WVNG Coffey Break

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Due to a very busy schedule, the June edition was not published. July's topic is *Summer Safety*. With the summer season in full swing, this newsletter will offer tips to ensure families have a safe and healthy summer. "Summertime" is a lot of fun but can also be dangerous if people aren't careful. This month's article includes a summer safety quiz as well as some tips designed to increase awareness about potential hazards and steps you can take to reduce health risks. So please, take a few minutes to read the following article before hitting "Delete" on your computer. Have a great summer!



***"Safety doesn't happen by accident"***

*-Author Unknown*

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[www.jointservicesupport.org/](http://www.jointservicesupport.org/)

## Coffey Break



**Break (brāk)** definition  
*verb:* To interrupt or stop  
*break a habit; noun:* A respite  
 or brief pause *taking a break.*



"Chance takers are  
 accident makers "  
 – Author Unknown

## Safety Quiz

Here are 15 statements. Can you tell which are true or false? Keep score!

**1) The sun is stronger in August than June.**

A: False. We just passed the summer solstice when the sun's rays are the most intense. It is possible to get a sunburn in as little as 20 minutes this time of year, even if the weather is relatively cool.

**2) Apply sunscreen 30 minutes before going outside this time of year.**

A: True. It is best to apply sunscreen about half an hour before going outside. Most sunscreens need to be reapplied about every two hours.

**3) If you wear long sleeves and a hat, you don't need sunscreen.**

A: False. It is possible to get significant sun exposure through clothing, so it is important to wear sunscreen if you're going to be outside all day, even if you're covered up.

**4) You should wear a sunscreen that protects against UVA and UVB.**

A: True. Sunburn is caused by UVB, but UVA penetrates the skin more deeply and may be more responsible for long-term skin damage and even skin cancers.

**5) If you are fair skinned and generally begin to burn in 15 minutes, you should use SPF 15 or higher if you plan to be outside for three hours.**

A: True. SPF or "sun protective factor" determines how long you can stay in the sun without burning. Multiply the time to which you normally burn by the SPF (in this case 15 by 15) which is 225 minutes or just more than three hours to stay in the sun without burning.

**6) Every tick bite in this area is of concern for Lyme disease.**

A: False. While Marin has sporadic cases of Lyme disease, it is much more common in the upper Midwest and Northeast. The coastal counties north of us also report more cases than Marin. Ticks need to be embedded for at about 30 hours to transmit the disease. Even in Connecticut where the rate of Lyme disease is the highest, only 30 percent to 60 percent ticks are infected. The numbers are much lower here.

**7) DEET is a dangerous chemical and should be avoided.**

A: False. DEET can be harmful if ingested and should not be used on very young children, but for most adults it is a safe and effective insect repellent. DEET is very effective at repelling ticks and mosquitoes that can cause Lyme disease or West Nile. Lower concentrations of DEET are effective for short-term exposure; higher concentrations last longer.

**8) The best way to remove the tick is to apply nail polish.**

A: False. The only effective way to remove a tick is to grasp it with tweezers close to the skin and gently pull slowly but firmly until it comes out. There is no reason to save the tick. Put it in a plastic bag and dispose of it.

**9) The best way to remove a bee stinger is to scrape it with a credit card or knife.**

A: False. Although these are effective ways of removing stingers, the best way to remove the stinger is to remove it as quickly as possible by any means possible. The longer the stinger stays embedded, the larger the welt, so get it out quickly no matter how you do it.

**10) The best treatment for a rattlesnake bite is cutting the wound and sucking out the venom.**

A: False. Treatment of rattlesnake bite in the field is still somewhat controversial, but applying tourniquets and trying to suck out the venom are no longer recommended. The best treatment is to immobilize the arm or leg and rest it in a position below the heart, and get the victim to an emergency department as fast as possible.

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**11) The biggest summertime hazard for kids is water.**

A: True. The majority of drownings occur in the summer. Make sure your kids know water safety and don't let them dive in water less than 9 feet deep.

**12) Animals are okay in cars with the windows slightly cracked - especially dogs, because they pant to keep cool.**

A: False

**13) Children should not ride a skateboard until they are 4 years old.**

A: False. The answer is 6 years old.

**14) The American Academy of Pediatrics (AAP) states that children should not be allowed to ride 4 wheeled all-terrain vehicles until they are 16 years old.**

A: True. The AAP is actually working to prohibit the use of ATVs, on- or off-road, by children and adolescents younger than 16 years.

**15) Children can begin to use a walk behind mower at 10 years of age.**

F: The AAP recommends that children younger than 16 years should not be allowed to use ride-on mowers and that children younger than 12 years should not use walk-behind mowers.

**Scoring:**

12-15 is a good score; 10-12 you need to be careful; 9 or less, I'd recommend just staying home

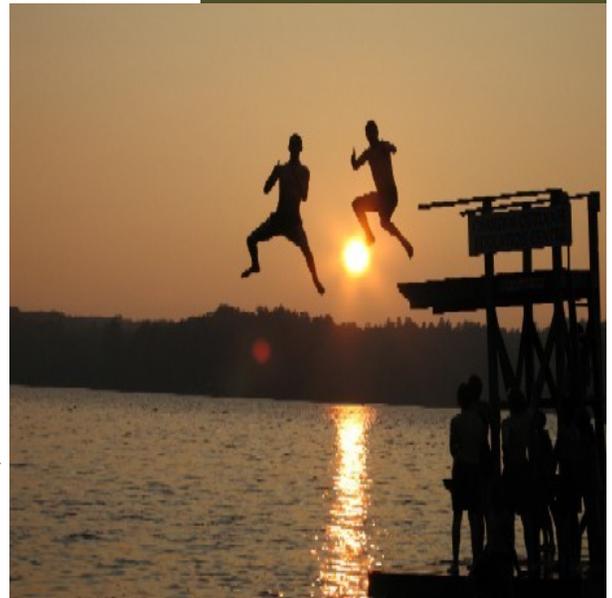
## Water Safety

- Teach your child to swim, but remember that younger children shouldn't be left unsupervised around water even if they know how to swim. The AAP recommends that children under age four not be given formal swimming lessons, especially as a primary means to prevent the risk of drowning.
  - Always wear a US Coast Guard approved life jacket when on a lake, river or ocean while boating, water skiing, jet skiing or tubing.
  - Warn your children about playing in canals or other fast moving water.
  - Do not let your child play around any water (lake, pool, ocean, etc.) without adult supervision (even if he is a good swimmer).
  - Don't allow running or rough play around the water.
- Childproof your swimming pool with a fence around your backyard and a fence (at least 4 feet high) around the pool, with a self-closing, self-latching gate. Also consider having a phone poolside and learning CPR in case of emergencies.

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"Working safely may get old,  
but so do those who practice  
it"  
– Author Unknown



## Coffey Break

### Summertime Food Safety

#### **Clean: Wash Hands and Surfaces Often.**

- Whenever possible, wash your hands with hot, soapy water before handling food and after using the bathroom, changing diapers, and handling pets.

When eating away from home, find out if there's a source of clean water. If not, bring water for

preparation and cleaning. Or pack clean, wet, disposable washcloths or moist towelettes and paper towels for cleaning hands and surfaces.



#### **Separate: Don't Cross-Contaminate.**

- When packing the cooler chest for an outing, wrap raw meats securely; avoid raw meat juices from coming in contact with ready-to-eat food. Wash plates, utensils, and cutting boards that held the raw meat or poultry before using again for cooked food.

#### **Cook: Cook to Proper Temperatures.**

- Take your thermometer along. Meat and poultry cooked on a grill often browns very fast on the outside, so be sure that meats are cooked thoroughly. Check them with a food thermometer.
  - Cook hamburger and other ground meats (veal, lamb, and pork) to an internal temperature of 160 °F, and ground poultry to 165 °F.
  - Cook steaks and roasts that have been tenderized, boned, rolled, etc., to an internal temperature of 160 °F for medium and 170 °F for well-done. Whole steaks and roasts may be cooked to 145 °F for medium rare.
  - Whole poultry should be cooked to 180 °F in the thigh; breast meat to 170 °F.
- Cook meat and poultry completely at the picnic site. Partial cooking of food ahead of time allows bacteria to survive and multiply to the point that subsequent cooking cannot destroy them.



#### **Chill: Refrigerate Promptly.**

- Cold refrigerated perishable food like should be kept in an insulated cooler packed with several inches of ice, ice packs, or containers of frozen water.
- Keep the cooler in the coolest part of the car, and place in the shade or shelter, out of the sun, whenever possible.
- If a cooler chest is not an option, consider taking fruits, vegetables, hard cheeses, canned or dried meats, dried cereal, bread, peanut butter, crackers, and a bottle of refreshing beverage.
- Take-out food: If you don't plan to eat take-out food within 2 hours of purchase, plan ahead and chill the food in your refrigerator before packing for your outing.

"Safety is a cheap and effective insurance policy"

– Author unknown

## Sun Block Safety

- **Not using sun block.** Parents also sometimes forget to use sunscreen when it is late in the day, when they underestimate how long their kids will be outside, or when it is cloudy outside.
- **Not using enough sun block.** The average person uses less than half the recommended amount of sun block when they do apply it on their kids. So apply a thick layer to each section of your child's body, to the point that it is actually hard to work it all in.
- **Missing areas of their child's body when they apply sun block.** Many kids, especially younger ones, don't like to have sun block put on them. This can make applying sun block quite the battle, making it easy to miss a shoulder, thigh, or nose.
- **Not reapplying sun block every few hours, especially when your kids are in the water or sweating a lot.** Even sun block that is waterproof should be reapplied often.
- **Waiting too long to put sun block on.** Remember, to be effective, sun block should be applied about 30 minutes before your kids go outside. If you wait until your kids are already outside, they will be unprotected for about 30 minutes until the sun block is most effective, which is more than enough time to get a tan or sun burn.
- **Letting their kids play outside when the sun is strongest, between 10:00 am and 4:00 pm.**
- **Not providing kids with shade.** To avoid the sun and help keep kids from getting overheated, some shade can be helpful.



**Next Month's Topic: Conflict Resolution**

*Feedback on this article is welcomed. As always, if you have a concern about yourself or a family member, feel free to contact me. Services are free and confidential. I look forward to hearing from you. So.....Step back, take a Coffey Break, and Drink to Your Health!*

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