Hidden Dangers!

In just 10 minutes, a car's temperature can increase by 19 degrees. A body temperature of 106° or 107° can result in severe brain damage or death of a child.

Nationwide, an

average of 37 children

die each year from being

left alone in hot cars by

caring parents or adults

who become distracted

and FORGET...

forgetting your cell phone

or your house keys, you are potentially capable of

leaving your child in the

• Place something in the

need at work, school or home (your laptop;

back seat that you will

• Make it a habit to always

before you leave your

• Never leave your child alone in a car & call 911 if any child is locked in

check the backseat

car on the way to work,

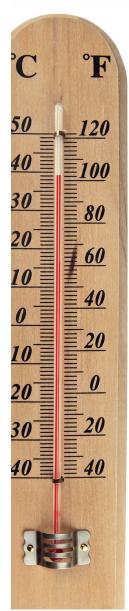
school or home.

your lunch).

car!

a car.

If you're capable of



Practice Driveway Safety

Before you get in your car, walk around it to make sure children are not under or behind it. Identify and

use safe play areas for children away from parked or moving vehicles & teach kids to play in these areas, not near cars!



Consider making your driveway a "**toy-free zone**" to help minimize the risk of injuries.

IS A CHILD'S LIFE REALLY WORTH THE RISK?

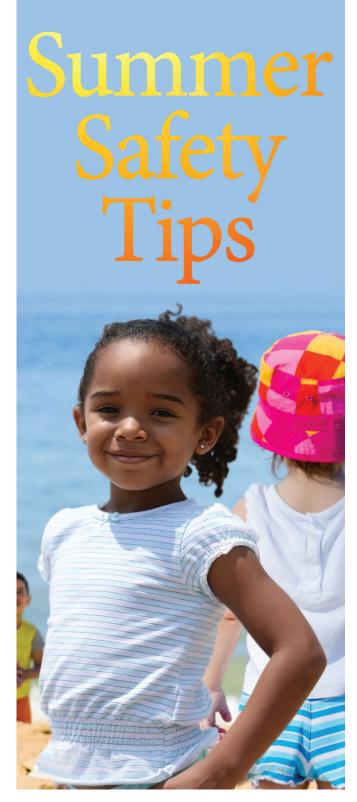
Information provided in part by:

www.healthychildren.org www.safekids.org www.uscgboating.org www.WaterproofFl.com

Developed by: **PREVENTION UNIT** Office of Family and Community Services



MYFLFAMILIES.COM For additional information and copies of this free Summer Safety brochure, please visit: http://www.myflfamilies.com/service-programs/child-welfare



HYDRATION & SUNSCREEN keep the FUN in the SUN!

How much water should a child drink while playing outside?

Kids perspire less & produce more body heat than adults, which makes them more prone to dehydration. That risk increases on a hot or humid day, especially when kids are playing hard!

A young child who weighs around 90 pounds should drink about 10 gulps of water every 20 minutes when playing sports, and older kids or teens weighing around 130 pounds, should drink about 20 gulps of water during that same time frame. (1 gulp = 1/2 oz. of fluid)

ABOUT USING SUNSCREEN!

- Use a sunscreen of SPF 15 or greater daily that protects against UVA & UVB rays, even on cloudy days!
- Apply sunscreen every 2 hours, and again after swimming or sweating!
- Try to limit sun exposure between the peak intensity hours of 10am-4pm.



WATER SAFETY IS EVERYONE'S RESPONSIBILITY

Drowning is a silent catastrophe...one that can

happen in the few minutes you take to answer the phone, or run inside for a towel, or throw in a load of laundry. Please don't ever assume that it Florida leads the can't or won't happen to your child...

Something that may seem unimportant to you may get your child's attention, so ALWAYS try and look at things through your child's eyes and take precautions.

nation in drowning deaths of children ages 1-4

Keep toys and other play items away from the pool or any other water area!

POOLS & OPEN WATER KEEP YOUR EYES ON THE KIDS! Never

leave a child unsupervised in or around water (including pools, spas, bathtubs, buckets, beaches or ponds), not even for a second!

- Teach children the difference between pools and open water: Open water has uneven depths, currents, undertows and changing weather.
- Teach kids to swim ONLY in areas designated for swimming, and only with buddies, NEVER ALONE!
- Teach kids never to dive into oceans. lakes or rivers, because one never knows how deep the water is, or what might be under the surface.
- Teach children how to tread water, how to float, and to stay by the shore.

 ALWAYS KEEP rescue equipment (for example, a safety ring), near the pool for emergencies.

Find out more at: *WaterproofFL.com*

BOAT SAFETY, TOO!

Although "water wings" and "noodles" are fun toys for kids, they should never be used in place of a U.S. Coast Guard approved Personal Flotation Device (**PFD**) while around open bodies of water, participating in water sports, or while on boats.

- Children should keep hands and feet inside the boat at all times.
- Have a working carbon monoxide alarm on motorboats to alert you to buildup of toxic engine fumes.



Visit www.uscgboating.org for information on FREE annual vessel safety checks (VSC).