



RPC Summer Newsletter



Be safe this summer with these WATER SAFETY tips!

- NEVER leave children alone while near or in pools, wading pools or open bodies of water.
- Drowning is the leading cause of death among children, including infants and toddlers.
- Children can drown in even just one inch of water!
- Home swimming pools should be surrounded by a fence that prevents a child from getting to the pool from the house.
- The American Academy of Pediatrics recommends swimming lessons for most children at age 4.
- Even children who know how to swim should be supervised at all times.

WEAR YOUR SUNSCREEN

Use a sunscreen that is labeled "broad spectrum" with an SPF of at least 30.

Use enough sunscreen to cover all exposed areas and rub it in well at least 30 minutes before exposure to sun and water.

Reapply sunscreen every 2 hours after swimming, sweating or drying off with a towel.

Infants younger than 6 months should be kept out of direct sunlight. Use shade from an umbrella or canopy as well as a hat with a brim to help protect your baby's skin from harmful rays and burns.

Call our office if your child is under the age of 1 and gets sunburn, or if your child is older and there is blistering of the skin or a fever. Otherwise offer water to rehydrate and apply cool rags to the affected skin.

MAKE YOUR CHILD'S APPOINTMENT FOR SPORTS AND CAMP PHYSICALS TODAY...DON'T DELAY

Remember that children entering pre-k and 7th grade will need required vaccines prior to beginning school.

Zika virus, travel and prevention!

-The Zika virus is spread through the bite of an infected mosquito. It can also be sexually transmitted or passed from mother to child during pregnancy.

- Infection causes symptoms of fever, rash, joint pain, and conjunctivitis. Most cases are very mild, and most people will not become very ill from the virus. However, Zika virus during pregnancy can cause serious birth defects, like microcephaly.

-Treatment for Zika virus infection is supportive. There is no vaccine for Zika virus at this time.

-Currently, Zika virus infections have been limited to the territories of Puerto Rico, U.S. Virgin Islands and American Samoa but not in the continental United States. The CDC will continue to monitor new cases.

-Pregnant women should avoid travel to areas where Zika infections have been identified, including areas such as:

Cape Verde, any area in Mexico below 6,500 feet, certain countries in the Caribbean, Central America, The Pacific Islands and South America. VISIT www.cdc.gov/zika/index.html FOR THE MOST UP-TO-DATE ZIKA TRAVEL INFORMATION

-There is no evidence that Zika virus can be spread through breastfeeding.

-If you are traveling to an area at risk for Zika virus:

Use EPA registered insect repellents that contain 20% DEET. The CDC recommends continued use of bug spray three weeks after travel.

Consider using clothing or gear (boots, tents, pants, socks) that are treated with permethrin. If possible, wear long sleeves and pants.