



TIPS FOR A SAFE SUMMER WITH KIDS



SUNSHINE

- Use sunscreen SPF 30 or higher. Apply every 2 hours.
- Wear hats and UV protective sunglasses.
- Stay hydrated.
- Limit sun exposure. Find a place to hangout in the shade!



WATER

- Only swim when there are lifeguards or adults supervising.
- Use caution with inflatable water toys.
- Empty small pools after each use.
- No running on the pool deck.
- No diving in a pool that is not deep enough.



BUGS, BUGS, BUGS!

- Wear insect repellent.
- If you've been in the woods, check your kids, your pets and yourself for ticks.
- Wear protective clothing.
- Avoid wearing scented products.



CAR SAFETY

- Never leave a child or pet inside of a hot car.
- If you see a child alone in a parked car, call 911.
- Put something you'll need in the back seat to ensure you do a car check after parking.
- Store keys out of reach of little hands.



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Accepting New Patients!

DON'T FORGET TO SCHEDULE YOUR CHILD'S WELL-CHILD VISIT WITH THEIR PEDIATRICIAN!



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