



Notes from Nursing



The end of the school year is fast approaching; hope these helpful hints will keep everyone safe during the summer months.

Water activities are a great way to stay cool and have a good time with your friends and your family.

Here are **Ten Top Tips to keep safe near the water:**

- **Learn to swim.** If you like to have a good time doing water activities, being a strong swimmer is a must.
- **Take a friend along.** Even though you may be a good swimmer, you never know when you may need help. Having friends around is safer and just more fun!
- **Know your limits.** Watch out if you are too tired or the activity is too hard. Don't drift too far from safety or stay in the sun too long.
- **Swim in supervised areas only** and follow all signs and warnings.
- **Always wear a life jacket** when boating, jet skiing, water skiing, rafting or fishing.
- **Stay alert to currents.** They can change quickly! If you are caught in a strong current, don't fight it. Swim parallel to the shore until you have passed through it.
- **Keep an eye on the weather.** If you spot bad weather (dark clouds, lightening), pack up and go inside or find shelter.
- **Don't mess around in the water.** Pushing or dunking your friends can easily get out of hand and cause an injury.
- **Don't dive into shallow water.** If you don't know how deep the water is, don't dive.
- **Don't float where you can't swim.** Keep checking to see if the water is too deep, or if you are too far away from the shore or the poolside.

Look out for signs warning you that the water is not clean because polluted water could make you sick.

If you are outside, you need to guard against the sun. The burning rays reflect off the water and sand and onto you. Use sunscreen whenever you are outside – not just when you are in the water.

If you see someone struggling in the water, go get help. You can also throw out a life preserver or other object that floats, BUT DO NOT JUMP IN YOURSELF!

If you jump in without anyone else around, who will save YOU if there is a problem?

Preventing Dog Bites

- Do not approach an unfamiliar dog
- Do not run from a dog and scream
- Remain motionless (like a tree) when approached by an unfamiliar dog
- Avoid direct eye contact with a dog
- Do not disturb a dog who is sleeping, eating, or caring for puppies
- Always ask the owner if you can pet their dog; do not pet the dog without allowing it to see and sniff you first

Beat the back-to-school rush!

Get your immunizations throughout the summer. New school immunization rules went into effect last September for children entering 6th grade, as well as for all students 11 – 18 years of age changing school districts. These are the vaccines pre-teens and adolescents need to stay healthy: Meningococcal, Tetanus-diphtheria-pertussis, Human papillomavirus, Varicella, Influenza, Hepatitis A & B, Measles, Mumps, and Rubella, and Polio. Check with your doctor to see which ones your child needs.

Enjoy a safe and healthy summer.

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