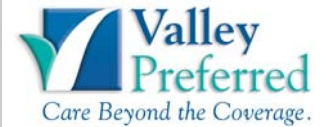


Don't Let Summer Burn You!

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Simple safety precautions can ensure a fun, safe, burn-free summer!

How safe are sparklers?

Consider these facts;

- Burning sparklers reach temperatures of 1800°.
- Sparklers burn six times hotter than a pan of cooking oil on the stove—hot enough to melt some metals!
- There are more injuries to children under age 5 from sparklers than from any other type of fireworks.



In many states, fireworks and sparklers are legal. So, some people think that if something is legal, it must be safe. Imagine the guilt a parent would feel if they handed something to their child that would cause the child pain and suffering. Sparklers in the hands of young children are extremely dangerous. Children under five are too young to recognize the hazards of the hot sparkler and may not react correctly should the hot tip of the sparkler come in contact with their skin or clothing. If a hot sparkler touches a child's shirt, it is only a matter of seconds before that shirt becomes totally engulfed in flames.



18 month old burned

The summer of 2006 brought pain and suffering to an 18 month old little girl. She was playing with sparklers with her 4 year old brother. The bright sparks intrigued the little girl as she squealed with delight. However, what happened next brought what appeared to be a harmless evening of fun to a quick halt. The little girl walked into the hot tip of the sparkler her little brother was holding, which immediately ignited her clothing and her diaper. Her frantic parents rolled her on the ground to extinguish the flames and rushed her to Lehigh Valley Hospital. There she was admitted to the Regional Burn Center with third degree burns over 47% of her body. Many months of painful treatment, including skin grafts, followed. The whole family experienced the emotional pain that accompanies a severe burn injury to a family member.

Safe summer activities

Adult supervision is of utmost importance when children are present. Plan various yard games that are safe for children to play. The internet has a wealth of ideas for fun activities outdoors. If you want to view fireworks, plan to attend a professional display. Children and adults alike can enjoy them safely.



Sun...wonderful sun!?

After many cloudy days, did you ever notice how people's moods improve when the sun finally shines? Sun provides us with our primary source of vitamin D—necessary for our body to absorb much needed calcium.

Sun makes us feel warm on a cool day. So how can something so pleasant be so harmful to us? More than 90% of skin cancers are the result of sun exposure. Unprotected sun exposure is even more dangerous for kids who have many moles or freckles, very fair skin and light hair, or a family history of skin cancer. According to KidsHealth, most children rack up between 50% and 80% of their lifetime sun



How to protect your child from the sun. Try to avoid the strongest rays of the day—between 10:00 a.m. and 4:00 p.m. If this is not possible:

- Apply sunscreen with a sun protection factor (SPF) of at least 15, and apply every 2 hours. Do not use on babies under 6 months—keep them covered and in the shade.
 - Buy cute sunglasses with a UV filter and encourage your child to wear them. Sun exposure damages the eyes as well as the skin.
 - Wear a brimmed hat and light colored long sleeves or pants if possible.
- Children imitate adults—be a role model and protect yourself!



What to do for sunburn

- Remove the child from the sun and place in a COOL shower or bath.
- Do not use creams or lotions that may hold the heat inside the skin.... including numbing medication, butter or toothpaste.
- Give the child extra fluids for the next few days.
- Keep the child out of the sun, if possible, and keep all sunburned areas fully covered until healed.

Call a doctor if...

- the sunburn forms blisters or is extremely painful.
- you notice facial swelling.
- the sunburn covers a large area of the body.
- the child has a fever or severe chills after getting sunburned.
- a headache, confusion or a feeling of faintness is present.
- the child shows signs of dehydration (thirst, dry eyes and mouth).



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