

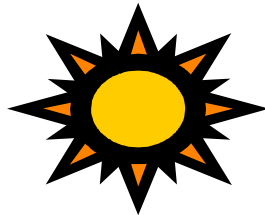
Nutrition Newsletter

Cayuga County Health & Human Services WIC Program Summer 2005

Summer Safety Tips

Save the Skin Your Child Is In....

Help prevent skin cancer by following these simple steps to sensible sun protection.



1. Keep infants out of the sun for the first 6 months.
2. Limit the amount of time your child spends in the sun.
3. Schedule outside activities for early morning or late afternoon. Avoid the hours of 10 am to 4 pm when the sun's UV rays are strongest.
4. Keep your children in the shade. Use a tree for natural shade or make your own shade with an umbrella or a tent.
5. Dress your children to minimize exposure to the sun's rays. Choose wide-brimmed hats that shade your child's face, scalp, neck and ears. Use a sunscreen that has a sun protection factor of 15 or higher. Put on sunglasses to protect your child's eyes and skin around the eyes.
6. Cover as much skin as possible with long sleeved shirts and long shorts.



Source: Save the skin your child is in help prevent skin cancer – DOH #0472

Test Your Knowledge

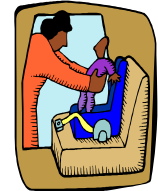
circle the correct answer

1. For best protection use sunscreen when outdoors. T or F
2. Use sunglasses to protect your eyes from harmful UVA and UVB rays. T or F
3. Children over 20 pounds may ride in car seats that are forward facing. T or F
4. Lyme disease is a bacterial infection causes by the bite of an infected deer tick. T or F

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Buckle Up For Safety ...

- Infants should ride in rear facing safety seats as long as possible; until they are at least 12 months old and weigh at least 20 pounds.
- Children who are at least one year old, weigh 20-40 pounds and can no longer ride rear facing should ride in forward facing child safety seats.
- Children over 40 pounds should be correctly secured in belt positioning boosters or other appropriate child restraints until the vehicle seat cushion length and adult lap and shoulder belts fit correctly. (when they are about 4'9" tall)
- Once the vehicle seat cushion length and safety belts fit children, both lap and shoulder belts should be correctly used.



Source: It's a fact... Kids are safer in back! National Safety Council

Ticks & Lyme Disease

Lyme Disease is a bacterial infection caused by the bite of an infected deer tick. Untreated the disease can cause a number of health problems. If you garden, hike, camp or spend time outdoors you can protect yourself by wearing long pants, long sleeved shirts. Use insect repellent and do a full body tick check at the end of the day. If you find a tick follow these directions to properly remove it.