

Stay Cool, Stay Healthy

Summer Tip Sheet for Healthy Families

- Have children wash their hands as soon as they get home from camp or outside activities.
- Teach your children to wash their hands thoroughly. Washing for 20 seconds (the time it takes to sing the “Happy Birthday” song twice) is the most effective way to eliminate germs.
- Children can touch and retouch over 300 surfaces in just 30 minutes. Disinfect and sanitize your kitchen counters and bathrooms to help reduce the spread of germs.
- Practice good health habits. These habits include: getting a good night’s sleep; eating a well-balanced, healthy diet; drinking plenty of fluids in order to stay hydrated; and avoid sharing food and drinks with others.
- Get tested and re-tested for allergies. Children change and so do the seasons, it’s important to be up-to-date on summer allergens such as pollen and mold so that you keep the correct household products available.
- Gas, propane, and air conditioning refrigerants are all items that can be misused and abused for the purpose of getting high. Talk to your kids about the dangers of inhalant abuse.
- Know the signs for huffing and what to do in case of an emergency.
- Keep chlorine and chemicals for treating your pool out of children’s reach.
- Make sure to keep pesticides out of children’s reach during the summer season; this includes lawn, garden, and insect repellent chemicals.
- Be sure to keep alcohol out of children’s reach during your favorite neighborhood barbecues.

