



Spring/Summer

Summer is here! Learn what you can do to keep your child healthy this season.

Seasonal Allergies

- Don't forget to get seasonal allergy medication renewed!
- Keep covers on pillows, keep windows closed at night.

Bike Safety

- Set limits where child can ride. Supervise young children.
- Always wear a helmet! Wear bright colors! Don't ride at night!

Pool Safety

- Watch your child at all times!
- Get your child into swim lessons particularly if they are younger than age 4.

Sunscreen

- Apply SPF 30 or higher to skin 10-20 minutes before sun exposure. Do not use until child is 6 months old.
- Reapply at least every 2 hours or after getting out of the water.

Insect Repellent

- DEET 10-35% > age 2 months. Apply sunscreen and DEET separately; put on sunscreen first. No need to reapply DEET.
- Wear shoes, long sleeves and long pants to prevent mosquito bites and ticks.