

# Martinsville City Schools

## Nurses' Corner — Summer Edition

### TIPS FOR A FUN & SAFE SUMMER

Swing sitting down.

Slide feet first.

Swim with a friend.

Wear a life jacket near the water.

Never play on lawn mowers.

Never play with fire or fireworks.

Always wear sunscreen.



### Beat the Heat and Sun

Heat-related illness happens when the body's temperature control system is overloaded. Infants and children up to 4 years of age are at greatest risk. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. For heat-related illness, the best defense is prevention.

Never leave infants, children, or pets in a parked car, even if the windows are cracked open.

Dress infants and children in loose, lightweight, light-colored clothing.

Schedule outdoor activities carefully, for morning and evening hours.

Stay cool with cool showers or baths.

Seek medical care immediately if your child has symptoms of heat-related illness.

Just a few serious sunburns can increase you and your child's risk of skin cancer later in life. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

Cover up. Clothing that covers your and your child's skin helps protect against UV rays.

Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside. [www.cdc.gov](http://www.cdc.gov)

### Henry-Martinsville Health Department

#### Summer Clinic Dates

June 6 - 1:00 - 3:30 Walk-in

June 27 - 8:30 - 11:30 Walk-in

July 25 - 8:30 - 11:30 Walk-in

August 1 - 1:00 - 3:30 Walk-in

August 8 - 8:30 - 11:30 Walk-in

August 10 - 8:30 - 11:00 Walk-in

