Summer Safety

Remember the Sunscreen
Skin experts would like to remind us all to use sunscreen—on ourselves and our kids—as we head out for summer fun. Avoid peak sun times from 10:00 a.m. to 4:00 p.m. if you can. If you are fair skinned with light eyes or have a family history of skin cancer, you’re at higher risk, so be especially cautious about sun exposure.

A good sunscreen provides some protection, but choosing the right one can be confusing. To help, here are answers to the most commonly asked questions about sunscreen.

What is UV and what danger does it pose to our bodies?
• UV is ultraviolet radiation (UVA and UVB) that comes from the sun. UVB causes the skin to burn; UVA penetrates deeper, tanning and aging the skin.
• UV may promote skin cancer by damaging the DNA in skin cells and by weakening the body’s natural defenses against cancer cells.
• UV can also damage the eyes.
• To check the UV index in your area and learn more, visit the U.S. Environmental Protection Agency website: (http://epa.gov/sunwise/uvindex.html).

What is SPF, (Sun Protection Factor) and how does it work?
• SPF is the U.S. Food and Drug Administration (FDA) rating that tells how long you can stay in the sun without getting sunburned. It is a measure of the time it would take an individual to burn in the sun if they were not wearing sunscreen versus the time it would take with sunscreen on.

• Your geographic location, the time of day, your skin type, and other factors affect the SPF, and can cause the protection time to vary. Often, people mistakenly think SPF 30 is twice as good as SPF 15, but the rating does not work that way. An SPF of 50 blocks about 98% of UVB rays. No sunscreen offers 100% protection.

What is generally a good SPF?
• If you are going to be out in the sun for a long time, most dermatologists recommend an SPF of at least 50, especially for children or very fair-skinned individuals. SPF 30 is good for shorter times in the sun.
• Be sure to choose a broad-spectrum sunscreen, which blocks UVB as well as UVA radiation.
• A waterproof sunscreen is the most effective, because it stays on longer if you are sweating or in the water.

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What's the best way to use sunscreen?

- Avoid using spray sunscreens, especially on kids, because of the risk of inhaling spray sunscreen. If you have no other option, first spray it on your hands then rub it on, taking care to avoid eyes and mouth.
- Apply sunscreen to all exposed areas about 30 minutes prior to sun exposure. For adults, apply about 3 tablespoons. For kids, apply about 1-2 tablespoons, depending on their size. Be generous!
- Reapply about every 2 hours or after toweling off following swimming or sweating.

Keep Hydrated

Children, especially those younger than 8 years old, are much more prone to dehydration than adults. Their bodies don’t cool down as efficiently, and they are especially at risk during the heat of summer. The danger arises when fluids are leaving the body through sweating faster than they are being replaced, and severe dehydration can be life-threatening. Your child needs 4-6 ounces of water every hour when exercising (think soccer game) to prevent dehydration.

Watch for Heat Illness

Anyone can develop heat illness, but kids (especially younger than 4) are more vulnerable. Your child can develop heat exhaustion and become seriously dehydrated when in the hot sun for too long. Symptoms include pale skin, dizziness, headache, fatigue, nausea, and vomiting. A good plan is to stay indoors most of the day during heat waves. Help your child to stay hydrated by providing plenty to drink, even if your child says they’re not thirsty. Never leave your child in a car, which can heat up rapidly.

Encourage Safety with Skateboards and Scooters

Head injuries and wrist fractures are particularly common with kids of any age. Kids are most likely to get hurt when they’re first learning to ride, or when they ride too fast or attempt tricks, according to H. Garry Gardner, MD, chair of the AAP’s National Committee on Injury, Violence, and Poison Prevention. Your child needs a helmet, wrist guards, slip-resistant shoes, elbow pads, and knee pads. The AAP recommends against skateboards or two-wheeled scooters for kids younger than age 5.

Teach Good Bicycle Habits

Kids often crash into obstacles or lose control, but the most serious injuries occur when children are struck by cars. Teach your child to look both ways before crossing driveways, and don’t let your child ride in the street unsupervised until age 10. Make sure your child wears a helmet every time they ride. When you ride, you should be wearing one, too. It should be snug and level with the forehead.

Are You and Your Family Prepared for an Emergency?

Less than half of us have prepared our family for a catastrophe, according to a 2010 study in Clinical Pediatrics. Although disasters are rare, prepping for them is one of those crucial precautions, like having smoke detectors. Planning also makes you ready for a less severe event, like a power outage. There are important things to have during an emergency, such as water, food, and diabetic supplies. Build your kit of supplies now, so it will be ready when you need it. For help in planning an emergency kit and family emergency plan, The Federal Emergency Management Agency (FEMA) has a website with great ideas and suggestions to help you make an emergency kit and family emergency plan. Visit:

http://www.ready.gov/make-a-plan
http://www.ready.gov/family-supply-list

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Be Safe and Stay Cool!

Summer is an active time. It can mean sports, vacation, swimming, camping, and some hang-time with friends. You may be going away to camp, or even camp counseling. Whatever activity you do, keep the fun going by being safe and staying cool! Here are a few easy things you can do.

Be Summer Sun Smart

Apply sunscreen whenever you go out, even if you have the kind of skin that “tans” easily without much of a burn. Over time, the effects of the sun can set the stage for skin cancers. Routinely applying sunscreen, by slathering it on any area of your body exposed to the sun, helps protect you from sunburn and skin cancers. Don’t forget to get enough on your nose, ears, and shoulders. Apply a sunscreen of 30 SPF (sun protection factor) or higher at least 15 minutes before you go out in the sun. SPF 30 helps protect you from the deeper rays of the sun. Remember to put more on after swimming or 2 hours of sun exposure. The sun is highest and most likely to burn from 10:00 a.m. to 4:00 p.m., so be especially careful then.

Keep Cool with this Homemade Sports Drink

Make your own version of a sports drink at home! Experiment with your favorite flavors. What’s even better? It saves money! (Your parents will like that, too.)

**Ingredients:**

- 1/4 cup sugar
- 1/4 teaspoon salt
- 1/4 cup hot water
- 1/4 cup orange juice (not concentrate) plus 2 tablespoons lemon juice
- 3 1/2 cups cold water

**Directions:**

1. In the bottom of a pitcher, dissolve the sugar and salt in the hot water.
2. Add the juice and the remaining water; chill.

**Yield:** 1 quart (32 ounces)

**Nutrition Facts (per 16 ounces)**

- Calories: 100
- Carbohydrate: 24 g
- Sodium: 220 mg

This material was developed by professional sports nutritionists at the United States Olympic Committee.

For more information and additional sport performance resources, visit: www.teamusa.org/resources/usoc-sport-performance

Beat the Heat—Stay Hydrated

Be sure to drink plenty of fluids when you are out in the heat of the day, especially if you are active. It can be easy to forget that skateboarding, playing a pick-up game of basketball, or kicking around the soccer ball with friends is actually exercise. In hot weather, sweating can cause your body to lose fluids quickly, and you can become overheated. Remember hard to believe, but you can even get dehydrated swimming. Water is best, but sports drinks with reduced sugar or no sugar can be a good alternative.

Remember...

Test your blood glucose before you are active! It’s easy to get so involved in what you’re doing, you don’t want to stop to check and eat. As you know, getting too low takes time to treat, so it’s a good idea to prevent it from going low. Take good care of yourself so you can have fun in the sun!
Water Safety

- Always swim with an adult nearby. Even good swimmers need buddies!
- If you ride in a boat or canoe, always wear a life jacket.
- If you don’t know how to swim, take lessons or have a family member teach you.
- Before you swim or play in the water, check your blood glucose to make sure you are OK and ready for exercise and fun!

Sun Safety

- Wearing sunscreen can help protect your skin from painful sunburn. Remind your mom or dad to help you put it on, especially on the hard to reach places like your back and neck.
- If you feel too hot in the sun, rest in the shade or put on a long sleeved shirt to protect your skin.
- Did you know you can get sunburned on a cloudy day, too? The rays of the sun can get through the clouds, so wearing a hat and sunscreen is a good idea any day.

Drink Water

- If you are going to play outdoors for 15 minutes or longer, it is a great idea to drink water or a sports drink every 20 minutes.
- If you are playing in a soccer game or are very active, be sure to drink a lot of fluids. Warmer days can make your body lose water from sweating. You sweat because it helps your body cool down. If your body runs out of water, you won’t feel very well and will have to stop playing.

What are some of your favorite things to drink?

Frozen Chocolate-Banana Pops

**You will need:**

- 4 wooden sticks for making pops
- 2 bananas, peeled and cut in half crosswise
- 1/2 cup chocolate sauce that forms a shell (or try yogurt)
- 4 tablespoons finely chopped unsalted peanuts (or almonds, which are rich in vitamin E)

**Directions:**

1. Insert a wooden stick into a peeled banana half
2. Dunk in chocolate sauce
3. Roll in chopped peanuts
4. Freeze for at least 4 hours

Banana pop nutrition facts per serving (1 pop): 315 calories; 21.7 grams fat, 21.1 mg. sodium, 31.4 g. carbohydrates, 22.6 g. total sugars, 3.3 g. dietary fiber, 3.8 g. protein.

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Yogurt Pops

Yogurt pops are like ice cream with a lot less fat. No ice pop molds handy? No problem. Pop wooden sticks into four-ounce cups of yogurt and freeze!

**Directions:**

1. Cut a slit in the foil cover of each yogurt cup so you can insert the wooden stick.
2. Freeze for 4 hours or overnight.
3. When frozen, peel back the foil, and pop the solid yogurt out. (If it sticks, hold the cup in your hand or under running water for a few seconds.)

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