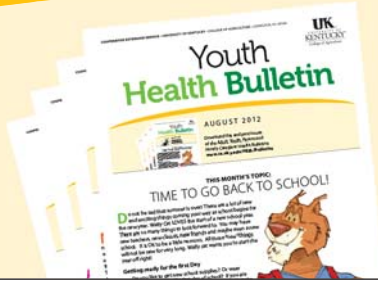


# Youth Health Bulletin



JUNE 2015

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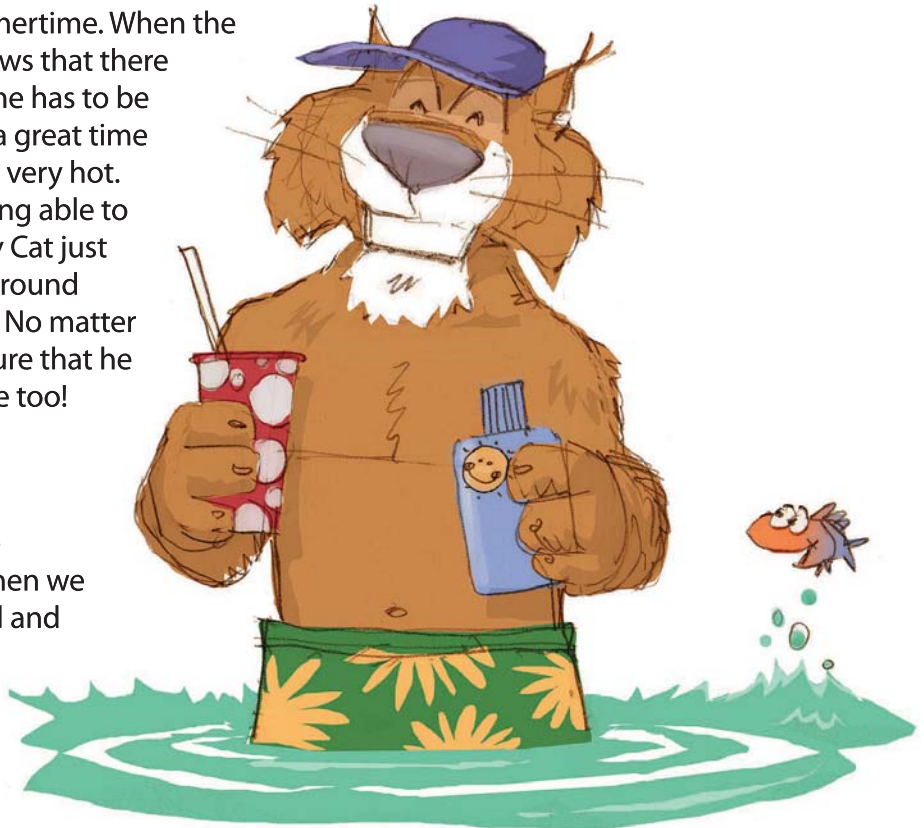
## THIS MONTH'S TOPIC: SUMMERTIME FUN IN THE SUN!

**S**ummer is here! Wally Cat loves summertime. When the days are long and hot, Wally Cat knows that there are lots of fun things to do outside, but he has to be safe while he is doing them. Summer is a great time to go swimming, especially when it gets very hot. Wally Cat also enjoys biking and just being able to pedal around. During the summer, Wally Cat just likes being able to be outside, running around and playing with friends and neighbors. No matter what he does, Wally Cat always makes sure that he is being safe and he wants you to be safe too!

### Swim safety

Do you ever wish you were a fish? Swimming is a great activity to do in the summer! Where do you like to swim? When we are near the water we need to be careful and make sure that we are being safe. Here are some different ways that you can make sure that you are staying safe:

Continued on the back →



# Whether you're swimming in a pool, lake, pond or beach, never swim alone. Always have an adult with you.

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## Pools

- You should never swim alone. ALWAYS have an adult with you.
- Pools often have rules that you need to follow. Make sure if you go to a pool that you look for, read and understand the rules.
- Always walk when near a pool, never run.

## Lakes and ponds

- If you are going out on a boat, make sure that you are wearing a life jacket.
- Sometimes it is hard to know how deep the water is — make sure that you never dive head first.
- It is a good idea to wear something that will protect your feet when you are in a lake or pond. There may be rocks, trash or even fish in the water with you.

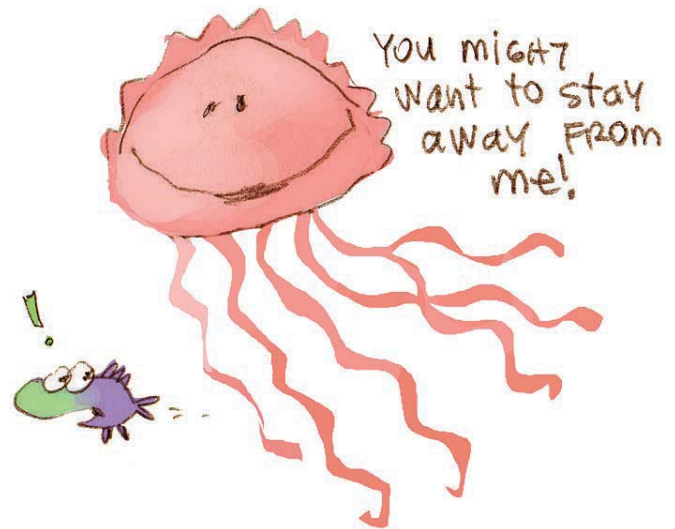
## Beaches

- Swimming in an ocean is not like swimming in a pool or lake because there are waves and currents that a swimmer has to be careful of. Waves can knock you over if you are not careful. Currents can move you in the water.
- Watch out for sea creatures such as jellyfish, small crabs and fish.

## Biking safety

Follow these safety tips to make sure you can pedal all summer long:

- Make sure that your helmet is on the right way and strapped onto your head.
- Make sure nothing will get caught in the chain of your bike. Items like backpack straps, pant legs or even shoe laces can get caught up and tangled.
- Instead of flip-flops or no shoes at all, protect your feet and wear sneakers that grip the pedals.
- Do not wear headphones when you are biking because you may not be able to hear the traffic around you.



## Playing in the summer sun

If you are going outside to play, there are a few important ways to be sure you stay safe:

- Make sure to put on sunscreen. There is nothing worse than a bad sunburn. You should wear sunscreen that is at least SPF 30.
- Take breaks during the middle of the day. A great way to take a break is to sit in a shady spot and drink some water. You do not have to feel thirsty before you start to drink water on a hot day.
- Watch out for poison ivy. These three-leaved plants can make you super itchy and cause a rash.
- In the summer there can be thunderstorms. If you are playing outside and you hear thunder, you should go indoors.

Wally Cat loves the summer but also knows that to have fun all summer long he will also need to play safely. So whether you are swimming, biking or just playing around outside, make sure you are following Wally Cat and being safe too!

### SOURCE:

Nemours KidsHealth. (2014). *Stay Safe!*  
[http://kidshealth.org/kid/watch/safety\\_center.html](http://kidshealth.org/kid/watch/safety_center.html)

Youth  
Health Bulletin

Written by: Nicole Peritore  
Edited by: Connee Wheeler  
Designed by: Rusty Manseau  
Cartoon illustrations by:  
Chris Ware (© University  
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