



School RN Health Tips

Hello! Here are a few health tips and resources that may be helpful during summer break. Have a safe and wonderful summer.

Community Resources

- Continue to take your child to their doctor and dentist for wellness visits/ vaccines and dental cleanings. **Multnomah County Dental Clinic Website:** <https://multco.us/health/dental-clinics>
- **The School Health Clinic is OPEN during summer, but has different hours.** Please see the below website for summer hours. All students (age 5-18) are seen by a provider regardless of ability to pay. The clinic continues to provide visits for illness, well child check-ups, immunizations & mental health resources. **School Health Center Website:** <https://multco.us/health/student-health-centers>
- **Location & Dates for Summer Free for All.** Parks throughout Portland offer free lunch and kid activities during the summer. <https://www.portland.gov/parks/freelunch#toc-east-portland>

Summer Safety Tips for Kids

Water Safety

- Always have your child wear a lifejacket when in a lake or river. Parents should also wear a lifejacket for safety and to demonstrate positive safety behaviors around their child.
- Small children (e.g. infant & toddler) can drown in very small amounts of water. Ensure that the plastic backyard kid pool is empty after use to remove water. An adult should be supervising children that are swimming at all times.

Bike Safety

- Ensure that your child has a bike helmet and knows how to put it on. Parents should also wear a helmet. Teach your kids about pedestrian crosswalks, looking both ways for vehicles before crossing a street and stop signs. Ride your bike only during the day time and wear bright reflective clothing.

Firework Safety

- Never allow children to light fireworks or play with fireworks. Parents can give small children glow lights as an alternative. Keep a bucket of fresh water nearby when lighting fireworks.

Window Safety

- Windows are often opened during summer. Small children can climb out and fall. Windows should be kept no more than 4 inches open. Window screens are not a way to prevent falls. The child can push the screen through the window.

Hot Car Safety

- Cars can become dangerously hot even on mild warm days.
To prevent injuries and death from being left in a hot car: put your phone and purse in the backseat next to the car seat so that you will see your child when getting out of the car.
IMMEDIATELY Call 911 if you ever see a child left alone in the car.
Lock your vehicle after driving to prevent kids from playing in the car.

Dehydration

- Children can become dehydrated and experience heat exhaustion more easily than adults. Always wear sunscreen and re-apply after being in the water. Wear hats and sunglasses. Encourage kids to sit and play in the shade. Have children drink from a water bottle frequently. Infants should only drink formula/breastmilk. Look for signs of heat exhaustion: fatigue, warm/clammy skin, red cheeks/ skin, changes in the child's behavior/confusion. Call 911 if signs of heat exhaustion are observed.

References

Seattle Children's. (2020, December). *Safety and injury prevention. Summer safety tips.* seattlechildrens.org/health-safety/keeping-kids-healthy/prevention/summer-safety/

Children's Health. (n.d.). *10 summer safety tips for kids.* <https://www.childrens.com/health-wellness/10-summer-safety-tips-for-kids>

Center for Disease Control and Prevention. (2020, June). *Keep kids safe this summer.* <https://www.cdc.gov/healthequity/features/kidsafety/index.html>