



EMERGENCY ACTION PLANNING

SUMMER SAFETY TIPS

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BEAT THE HEAT - SUMMER SAFETY

Summer is a time of fun and excitement, but it's also a time when the heat can become overwhelming and potentially dangerous, especially for children. At Emergency Action Planning, we understand the importance of protecting ourselves and our little ones from the scorching sun and keeping them safe and healthy during the hot summer months. That's why we've expanded our comprehensive guide to include tips specifically aimed at safeguarding children from the heat.

1. Keep Children Hydrated

Children are more susceptible to dehydration than adults, so it's crucial to pay extra attention to their hydration needs during the summer. Here are some tips to ensure they stay hydrated:

Encourage frequent water breaks: Remind children to drink water regularly, even if they're not feeling thirsty. Make it fun by using colorful water bottles or adding slices of fruits like lemon or strawberries to infuse flavor.

Provide hydrating snacks: Offer water-rich fruits and vegetables like watermelon, cucumbers, and oranges as snacks. These not only provide hydration but also essential vitamins and minerals.

Avoid sugary drinks: Limit the consumption of sugary beverages like soda and fruit juices, as they can contribute to dehydration. Opt for water or diluted fruit juices instead.

Where we are
TODAY

2. Dress Children in Sun-Protective Clothing

Protecting children's delicate skin from harmful UV rays is crucial in preventing sunburns and long-term damage. Follow these clothing tips to keep them safe:

Cover up: Dress children in lightweight, long-sleeved shirts and long pants to minimize sun exposure. Look for clothing made with tightly woven fabrics for better protection.

Choose wide-brimmed hats: Select hats with wide brims that shade the face, ears, and neck. Hats made from breathable materials like cotton are ideal for keeping children cool.

Use UV-protective swimwear: When swimming, choose swimwear that offers UV protection. Look for swimsuits labeled with UPF (Ultraviolet Protection Factor) to ensure maximum sun protection.

3. Apply Sunscreen Regularly

Sunscreen is vital in protecting children's skin from harmful UV rays. Follow these guidelines when applying sunscreen:

Select child-friendly sunscreen: Choose a broad-spectrum sunscreen with an SPF of 30 or higher that is specifically formulated for children's sensitive skin. Look for products that are hypoallergenic and fragrance-free.

Apply generously: Ensure sunscreen is applied to all exposed areas of the body, including the face, neck, arms, and legs. Encourage children to participate in the application process, making it a fun and interactive experience.

Reapply frequently: Reapply sunscreen every two hours or more often if children are swimming or sweating excessively. Set a timer or use a waterproof sunscreen to ensure continuous protection.





4. Create a Safe Outdoor Environment

When children engage in outdoor activities, it's essential to create a safe environment that minimizes the risk of heat-related illnesses. Here's how you can do it:

Provide shaded areas: Set up shade tents, umbrellas, or canopies in outdoor play areas to create shaded spots where children can take breaks from the sun.

Schedule outdoor activities wisely: Plan outdoor activities during cooler parts of the day, such as early morning or late afternoon. Avoid peak sun hours between 10 am and 4 pm when the sun's rays are the strongest.

Educate children about sun safety: Teach children about the importance of sun protection. Encourage them to seek shade, wear hats and sunglasses, and remind them to drink water regularly.

5. Recognize and Treat Heat-related Illnesses

It's essential to be aware of the signs and symptoms of heat-related illnesses and know how to respond. Here's what you need to know:

Heat Cramps: Characterized by painful muscle cramps and spasms during or after intense exercise and sweating in high heat.

Heat Exhaustion: Look out for symptoms such as excessive sweating, fatigue, dizziness, nausea, and clammy skin. If a child shows signs of heat exhaustion, move them to a cool place, have them drink water, and apply cool compresses to their body.

Heatstroke: Heatstroke is a severe medical emergency. Symptoms include high body temperature, rapid breathing, confusion, and loss of consciousness. Call emergency services immediately and take steps to cool the child down, such as applying cold wet towels to their body.

Heat forecasts in major cities

By following these additional summer safety tips specifically focused on protecting yourself and your children from the heat and sun, you can ensure they enjoy a safe and memorable summer. Remember to lead by example and implement these practices in your routine as well.

Heat Wave Hits U.S., Europe, and China:

The New York Times provides an overview of the severe heat waves affecting various regions in the Northern Hemisphere. The scorching temperatures are a result of heat-trapping gas emissions caused by burning fossil fuels and the return of the El Niño weather pattern. Countries like Italy and Spain are experiencing record-breaking highs in Europe, leading to dry conditions and an increased risk of wildfires. In Asia, Beijing has recorded temperatures above 95 degrees Fahrenheit for the 27th day this year, while John Kerry, President Biden's special envoy for climate change, met with China's premier to discuss cooperation on addressing global warming. In the United States, Phoenix is expected to break a 49-year-old record with its 19th consecutive day of temperatures above 110 degrees. The article highlights the link between global warming and extreme weather events, emphasizing the need to reduce fossil fuel consumption to mitigate the impact of rising temperatures.

<https://www.nytimes.com/live/2023/07/18/world/heat-wave-us-europe-weather>

During this weeklong period, 79 major cities are forecast, as of Tuesday, to have dangerous levels of heat on one or more days.

City	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Mon.
Phoenix, Ariz.	116	113	111	110	109	111	113
Mesa, Ariz.	116	112	111	109	109	111	112
Chandler, Ariz.	118	114	111	110	109	112	112
Gilbert, Ariz.	116	114	111	110	109	112	112
Peoria, Ariz.	116	113	111	110	109	110	113
Tempe, Ariz.	116	113	111	109	109	111	111
Glendale, Ariz.	115	113	111	109	109	110	111
Scottsdale, Ariz.	115	113	111	109	109	110	111
Tulsa, Okla.	113	110	103	87	90	97	101
Lafayette, La.	113	110	110	109	105	98	99
Tucson, Ariz.	112	111	109	107	107	105	107
Corpus Christi, Texas	112	111	115	114	112	109	112
Fort Worth, Texas	111	108	108	102	97	100	104
Plano, Texas	111	106	109	102	96	99	102
Frisco, Texas	111	107	111	102	96	100	103
Dallas, Texas	110	107	109	102	98	100	103
Arlington, Texas	110	107	107	101	97	99	103
Irving, Texas	110	107	108	102	97	100	104
Baton Rouge, La.	110	110	110	107	107	99	102
McKinney, Texas	110	106	109	102	95	99	103
Grand Prairie, Texas	110	106	106	103	97	101	104
Brownsville, Texas	110	110	107	105	107	106	107
Austin, Texas	109	109	106	103	104	106	104

<https://www.nytimes.com/interactive/2022/us/heat-wave-map-tracker.html#major-cities>

Our OVERVIEW

At Emergency Action Planning, we are committed to providing you with valuable information and resources to keep you and your children safe and healthy throughout the summer. Stay tuned for more expert tips and advice on how to protect your loved ones during this sunny season.

<https://www.emergencyactionplanning.com>

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