

From DMA's Priya T. Wagner, M.D., and the American Academy of Pediatrics

With warm weather upon us, here are some safety tips to remember as you have fun in the sun!!

SUNSCREEN

For Babies under 6 months:

- Avoid direct sun exposure whenever possible.
- Dress your infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn.
- If adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face, the back of the hands and tops of their feet if the infant is not wearing shoes.

For Children:

- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses that block 99-100 percent of ultraviolet rays, and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours – between 10 a.m. and 4 p.m. and use sunscreen even on cloudy days.
- Use a sunscreen with an SPF of 15 or greater and reapply sunscreen every two hours and after swimming or sweating.
- Use extra caution near water, snow, sand and pools with light colored tiles, as they reflect UV rays and may result in sunburn more quickly.
- Remember to use sunscreen on ears, parts in hair, lips and scalps in boys with buzz haircuts.

For Teens:

- Re-think the annual summer tan in favor of having healthier, more beautiful skin down the road. Short-term fashion can lead to long-term problems.
- Chronic sun exposure causes premature aging – including wrinkles, sagging cheeks and skin discoloration.

TO BECOME A PATIENT:

You can make an appointment with Dedham Medical physicians simply by calling the central number – **781-329-1400** – and asking for their offices or departments. If you don't have particular caregivers in mind, we will be happy to match you to an appropriate provider. We have two convenient locations – One Lyons St. in Dedham and 325 River Ridge Dr. in Norwood. Both have free parking.

When hospital services are needed, our physicians are on the staffs of several of the region's outstanding facilities, including Brigham/Faulkner, Newton-Wellesley and Children's Hospitals and the Massachusetts Eye and Ear Infirmary.

Dedham Medical accepts most major health insurance plans, including Harvard Pilgrim Health Care, Tufts Health Plan, Tufts Medicare Preferred, HMO Blue, Medicare and others.

DMA uses an electronic medical record (EMR), which enables your healthcare provider to have immediate access to your health information. This improves patient safety and our ability to deliver high-quality, well-coordinated care.

- Both long-term sun exposure and sunburn cause skin cell damage, which can also be a key factor in the development of skin cancer. A single blistering sunburn doubles the risk of skin cancer.

Source: <http://www.aap.org/advocacy/archives/tanning.htm>

Continued

SUMMER SAFETY TIPS – CONTINUED

BUG SAFETY

DEET:

Insect repellants containing DEET are the most effective protectors against ticks and mosquitoes. Carefully read the label of any product you choose, as the concentration of DEET may range from less than 10 percent to over 30 percent. The MAXIMUM concentration currently recommended for infants and children is 30 percent. DEET should not be used on children under two months of age.

DEET DO's and DO NOT's:

DO:

- Consider spraying the outer surfaces of a stroller outside before placing your infant in the stroller.
- Apply sparingly on exposed skin, but spray on clothing, hats and shoes.
- Wash treated skin with soap and water after returning indoors and wash treated clothing.

DO NOT:

- Use DEET products on children under two months of age.
- Use under clothing.
- Use on the hands of young children or apply to areas around the eyes and mouth.
- Spray in enclosed areas or use near food.

More Bug Safety Tips:

- To protect against bees/wasp bites: Avoid scented soaps, perfumes or hair sprays on your child. Avoid floral printed clothing and gardens where flowers are in bloom.
- To protect against insect bites: Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and uncovered garbage cans.
- Avoid combination sunscreen/insect repellant products. Sunscreen needs to be reapplied every two hours, but the insect repellant should not be reapplied.

For more information on DEET:

www.aapnews.org/cgi/content/full/e200399v1

OTHER SUMMER REMINDERS

- Remember to drink plenty of fluids as the days become warmer and more humid and you become more active.
- Remember to always wear your helmet when using your bike, scooter or skateboard.
- Remember to drive more slowly as more kids are outside and on the roads.
- Never leave children alone in or near the pool, even for a moment.

These helpful summer tips are recommendations from the American Academy of Pediatrics. For more summer safety tips please go to:

www.aap.org/advocacy/releases/summertips.htm



Priya T. Wagner, MD, is board-certified in Pediatrics. She received her medical degree from the State University of New York, Buffalo, and completed her residency at the University of Connecticut School of Medicine.

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