



# June Health Newsletter

## **Nurse Katie M. Fisher-Walz's Tips for Staying Safe in the Summer Months:**

With summer-time now upon us, I'm sure most, if not all of you, are eagerly awaiting the increased hours of sunlight every day and warmer temperatures! Peruse these "Summer-time" safety tips to make sure that you have the most enjoyable, yet safe, summer possible! ☺



**Katie Fisher-Walz's Tips for Staying Safe in the Summer Months**

---

**Treating Insect Bites in Children**

---

**Summer First-Aid/Emergency Kit Essentials for when Traveling**

---

**"Grilling-Out" Meal Recipe Ideas for Families**

---

**Nurse Katie M. Fisher-Walz:**

725 W. 2nd Street  
Ottumwa, IA 52501

[kwalz@sieda.org](mailto:kwalz@sieda.org)

641-682-8741 ext. 163

## **Summer Safety Tips:**

1. Never leave an infant or young child alone in a closed car in the summer. In the summer, a closed car can heat up as much as 20 degrees in 10 minutes. None of us would ever contemplate sticking our children in an oven, so use the same principle when running errands with your children. Don't leave a baby in a closed car, even for an errand that should only take a minute.
2. Remember to keep yourself, as well as your children, well-hydrated, especially when you are outside in the heat. Children playing summer games/sports, should drink adequate amounts of water the night before a game or sports practice, and keep drinking all day long, even before they become thirsty. Pack a small cooler with plenty of bottle water to ensure that your children, as well as yourself, are staying hydrated!
3. Keep your children safe around open bodies of water. Best advice, never leave a child alone near any body of water. Watch your children constantly. A child can easily drown in a body of water as small as 6 inches deep, and can migrate from the shallow end of a pool to the deep end in as little as a few seconds. Make sure your child always wears an approved life jacket when riding in a boat, and make sure that children who cannot swim safely on their own, wear water wings, or an approved flotation device when in the water.
4. Make sure that your children, as well as yourself, don't skimp on the sunblock! Sunblock should be reapplied often to ensure maximum coverage/protection when soaking up the sun rays! Sweat and water wash away sunblock very quickly, so it is best to reapply every hour or two to ensure sun safety. If a sunburn were to occur, make sure to apply often sufficient amounts of moisturizing lotion containing aloe Vera, to soothe the sunburn/ease pain. Avoid lotion creams with topical antihistamines, as your child as well as yourself, may be sensitive to these types of creams which can lead to an allergic reaction taking place.
5. Bug bites, specifically mosquito bites, can be very annoying, as well as extremely uncomfortable. In rare cases, West Nile virus, encephalitis, or other illnesses can ensue post-Mosquito bite exposure. Ticks are another potentially dangerous insect to come into contact with, as they can carry Rocky Mountain spotted fever. For these reasons, it is best to avoid all types of insect bites. Be sure to spray yourself, as well as your children, with insect-repellant containing DEET whenever you or children are going to be outside for long periods of time. I know some parents do worry about the risks involved with DEET application, but current research has not found any measureable risks associated with application of DEET-containing sprays. If you or your child does succumb to insect-bites, over-the-counter cortisone creams work the best to treat itching/bite discomfort.
6. Avoid exposure to poison ivy, oak, or sumac. The old adage, "Leaves of three, let it be!," is a good rule of thumb to follow. Most individuals develop some type of rash from exposure to the

oils released from these plants. The oils released from these plant leaves can stay on your skin, clothing, shoes, work/gardening gloves, even your dog for extended amounts of time. If you think that you may have been exposed to these plants, wash your skin immediately after exposure, as well as your outdoor clothing with regular soap and/or laundry detergent. Once the oils have been washed from the skin and/or clothing, the rash will no longer spread. It can take up to 21-days (three weeks) for poison ivy, oak, or sumac-related rashes to fully heal. Cortisone-based creams are the best to treat the annoying itch associated with exposure to these plants. If the annoying itch doesn't disappear following the use of these products, you may need to visit your family doctor to attain a prescription-strength anti-itch cream or anti-histamine pills.

## **Insect-Bite Treatment for Young Children:**

With the enthusiasm of our kiddos, and their desire to play outdoors, especially when the weather is sunny and warm, insect bites often will prevail. If and/or when insect bites do occur, follow these helpful tips to best treat your child's bites:

### **Treatment for Insect Bites**

#### **1. Itchy Insect Bite Treatment:**

- Apply steroid/anti-itch cream. To reduce itching, use 1% hydrocortisone cream such as Cortaid. No prescription is typically needed to treat insect bites. Put cream on 3 times a day until the itch is fully gone. If cream is not available, apply to bug-bite site ice wrapped in a washcloth and keep on bite site for up to 20 minutes.
- Also, you can put firm, sharp, direct, steady pressure on the bite. Do this for 10 seconds to reduce the itch.
- Take allergy medicine if cream is not sufficient enough to treat the bug bites effectively. Benadryl (over-the-counter cream) typically works best to minimize itching.

#### **2. Painful Insect Bite Treatment:**

- If bite sites are exceptionally painful, soak cotton ball in a baking soda solution. Rub the bites with this solution for 15 to 20 minutes. This treatment will usually reduce the pain.
- You can also use/apply an ice cube in a wet washcloth to bite sites for 20 minutes.

### **Summer First-Aid/Emergency Kit Essentials for when Traveling:**

- Cell phone with a list of emergency contact numbers.
- Water-bottled works best; keep plenty in stock to help prevent and treat dehydration.
- Medications for chronic conditions-keep in original bottles, which list dosing information for individual medication is prescribed for.
- Bandages-keep in various sizes to treat all types of injuries.
- Antibiotic cream for cuts and scrapes-Neosporin works great to help prevent infections in open wounds/sores. Keep a set of Tweezers in the kit, as well.
- Crushable icepack to treat bruises; keep with icepack a washcloth to wrap around icepack to prevent direct contact with the skin.
- Benadryl-both creams and tablets, to treat the itch/reaction associated with insect bites.
- An Epi-pen for a person with known allergies-keep with Epi-pen a written list of individuals known allergies.
- Sun protection-make sure to purchase sunblock with an SPF level of at least 30 to protect skin against the rays of the sun.

- Tylenol and/or acetaminophen-containing medication can also be given to reduce discomfort. Ibuprofen medications, for example Advil, also are commonly used to treat bite and to aid in the healing process.



## “Grilling-Out” Recipe Ideas for Families

### Mediterranean Grilled Chicken Pizza-

#### Ingredients:

- 1 pound boneless skinless chicken breast halves
- 4 teaspoons Mc Cormick Roasted Garlic and Herb seasoning
- 1 cup shredded mozzarella cheese
- 1/2 cup crumbled feta cheese
- 1/2 teaspoon oregano leaves
- 1 pound fresh pizza dough or frozen dough, thawed or 1 prepared thin pizza crust (12-inch)
- 1 tablespoon olive oil
- 1 can (8 ounces) tomato sauce
- 2 plum tomatoes, thinly sliced
- 1/3 cup sliced black olives
- 1/3 cup chopped red onions

#### Directions:

- Sprinkle both sides of chicken with 3 teaspoons of the Seasoning. Grill over medium heat 5 to 7 minutes per side or until chicken is cooked through. Cut into bite-size cubes. Mix cheeses, oregano and remaining 1 teaspoon Seasoning in small bowl.
- Roll dough on floured baking sheet to a 12- to 14-inch round. Brush top of dough with oil. Place oiled-side down on the grill. Close lid. Grill over medium heat 1 to 2 minutes. Flip crust over using tongs or a spatula.
- Spread tomato sauce on crust. Layer with grilled chicken, cheese mixture, tomato slices, olives and onion. Close lid. Grill 3 to 4 minutes longer or until cheese is melted and crust is browned. Slide pizza onto baking sheet. Slice and serve immediately.