



The ABC's of Pediatric Summertime Emergencies: What Every Parent Should Know

Sunburns

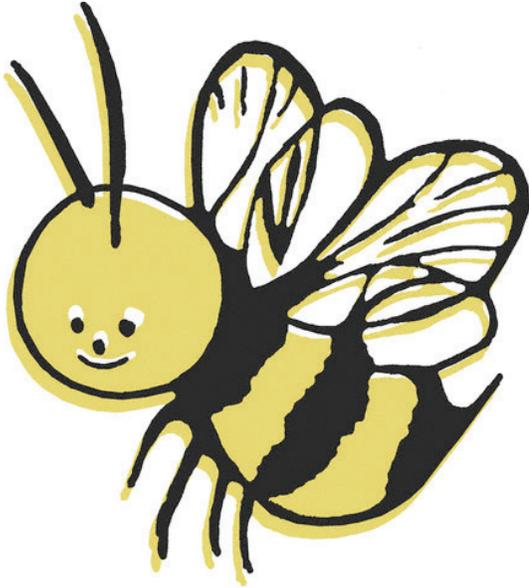
Sun Safety

- Unprotected exposure to UV rays causes damage to the skin, eyes, immune suppression and can cause skin cancer
- High risk for sunburn are children with moles, freckles, fair skin and hair, family history of skin cancer, water activities

Sunburn Prevention

- Avoid strongest rays of the day between 10:00 am and 4:00 pm
- Protective sunscreen SPF 30 or greater
- Always use when outside, even on cloudy days
- Infants < 6 months should avoid sun exposure and sunscreen
- Reapply sunscreen after swimming, sweating, & every 2–3 hrs
- Use protective clothing, hats and sunglasses (with verified UV protection on the labels)

Tip sheet developed by
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Insect Bites and Stings

Most are benign and require no medical intervention

Signs that a severe allergic reaction has occurred

- Swelling
- Difficulty swallowing or speaking
- Chest tightness, wheezing or difficulty breathing
- Dizziness or fainting
- Abdominal pain, vomiting

How to treat?

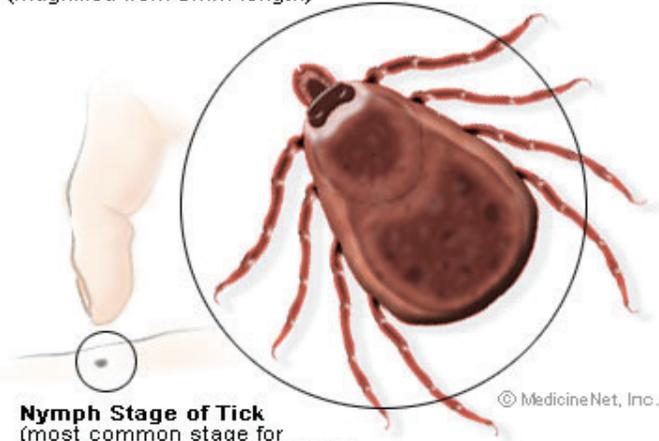
- Remove stinger by gently scraping the skin, wash well & apply ice

Prevention

- Avoid bare feet in grass
- Avoid scented soaps and perfumes
- Avoid wearing bright colors
- Avoid playing near garbage or soda cans
- Use bug spray—do not use a spray that contains DEET

Tick, female

(magnified from 3mm length)



Nymph Stage of Tick
(most common stage for transmission of Lyme disease).

Leading tick-borne disease in the US

Leading tick borne disease in the US

- CT, DE, MA, MD, MN, NJ, NY, PA, RI and WI have the highest rate

Types of ticks that carry lyme disease

- Deer tick
 - Size of a sesame seed or pencil point
 - 70–80% of deer ticks are not infected with lyme disease
- Borrelia Burdorfi

What to do?

- First remove the tick, using tweezers to grasp the tick firmly near the child's skin
- Pull firmly and steadily straight out, do not twist
- Do not squeeze the tick body
- Wash area with soap and water
- Do not use petroleum jelly, lighted match or nail polish to "kill" tick

Risk of Lyme Disease transmission is low

- Risk of infection rises 48–72 hours after the tick attaches
- Tick needs time to engorge with blood

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Lyme Disease Treatment

Observe and treat if
symptoms develop

OR

Treat with preventative
antibiotic immediately "IF":

- Identify adult deer tick
- Tick is attached for more than 36 hours
- Antibiotic may be used within 72 hours of removal
 - Doxycycline (Do not use if pregnant or in young children)
 - No recommendation for treating young children
- No benefit to blood testing at time of the bite.
- Positive test will show 2–6 weeks after infection develops

Symptoms

- Erythema Chronicum Migrans (ECM)—80% of patients with Lyme Disease
- Target shaped rash that starts at the site of the bite(s) within 1–4 weeks



Keep Yourself Safe from Ticks!

- Ticks usually bite animals, such as deer or mice, but sometimes a tick can't find an animal and bites a person instead. Ticks like to hang out in tall grassy areas and leaf piles, and attach themselves to a person as they walk past. Then, the tick starts to feed and may stay attached to a person for several days! When they are done eating, they fall off. Tick bites are usually painless and people may not notice they have a tick attached.
- When hiking, wear pants, stay in the middle of paths as much as possible, and avoid tall grass.
- Use bug spray on exposed skin (don't spray near your face!)
- Check yourself carefully for ticks every day. They can be as small as a poppy seed! It may be helpful to look at some pictures of ticks online so you know what you're looking for. Don't forget to check places like between your toes and your ears, and have a friend check places you may not be able to see very well, like the back of your neck and your back.
- Showering every day can help wash off ticks, too.
- If you do find a tick, let your counselor know right away.
- Some diseases that ticks carry may cause a rash... if you see any rash on your body, go see the camp nurse!

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Keep Yourself Lice Free!

- Lice are small bugs that hide in people's hair and cause itching and sometimes a rash. While not dangerous, it can be uncomfortable. Lice spread from person to person by catching a ride on objects that touch hair; or by crawling from one person's head to another person's head. Lice don't hop or fly. Having lice doesn't mean a person is "dirty" (lice actually like clean hair the best!)
- Don't share combs, brushes, hats, helmets, headbands, hair ties, pillows... basically, if it touches YOUR head, it shouldn't touch anyone else's head!
- For girls with long hair, keeping it up in a braid or a bun can make it harder for lice to crawl onto your hair.
- If you notice your scalp is very itchy, or a rash near your neck or ears; go see the camp nurse!

Avoid impetigo!

Impetigo is an infection that can happen when bacteria get into a cut or scrape in the skin.

- Shower regularly to keep skin clean
- Cover any open cuts or scrapes with a band aid
- Avoid scratching or picking at your skin
- Don't touch other people's skin if they have a cut or sore

Other helpful tips:

- Washing your hands is one of the best way to keep germs from spreading, so do it often; especially before eating or using the bathroom
- Look at some pictures of poison ivy, oak and sumac, so you know how to spot these plants and avoid an itchy rash!

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