



Good Morning!

This week we will be talking about summer 😊 and sun ☀️ safety! Summer break is just around the corner and we want to help you be prepared for with some tips for a safe, healthy, and fun experience!

As always, we welcome your questions and/or suggestions so please reach out any time by email and we will answer as soon as possible 😊

Nurse Rachel:)



Health Info from Your Webb School Nurses: Summer & Sun Safety Edition



Your Webb School Nurses are here for you!

Kimberly.silva@hhchealth.org

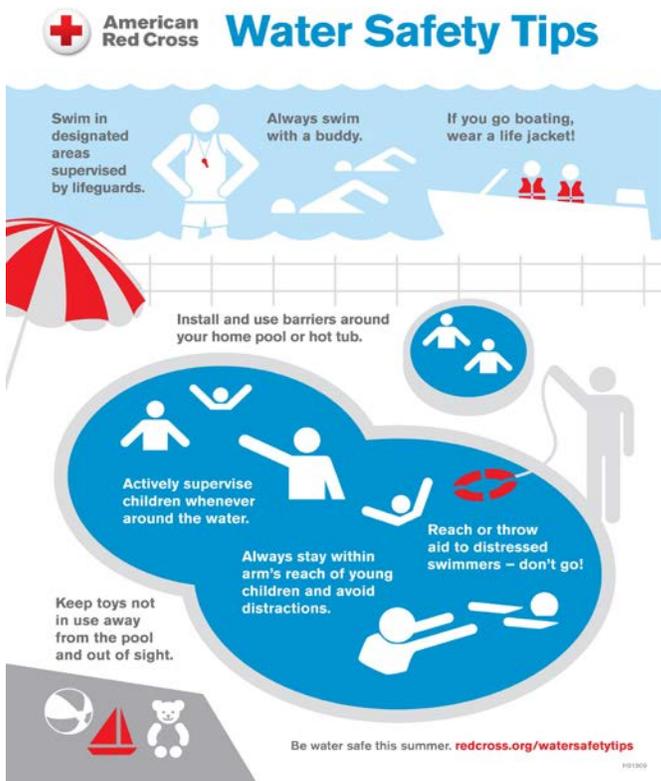
Rachel.stanley@hhchealth.org

Jennifer.bolduc@hhchealth.org

Swimming is great exercise, as well as a fun way to spend time together as a family. There's nothing like spending an afternoon splashing around in the water and enjoying being together.

Unfortunately, many people don't realize how dangerous swimming can be without careful preparation.

Here are some tips on how to stay safe while having fun!



Learn CPR, you can save a life!!

<https://www.redcross.org/take-a-class/cpr>

(Online classes available!)

Sun Safety for the Family

- The sun's rays are the strongest between 10 a.m. and 4 p.m. Try to keep out of the sun during those hours.
- Wear sun-protective clothing, like swim shirts.
- Most of the sun's rays can come through the clouds on an overcast day; so use sun protection even on cloudy days.
- When choosing a sunscreen, look for the words "broad-spectrum" on the label - it means that the sunscreen will protect against both ultraviolet B (UVB) and ultraviolet A (UVA) rays. Choose a water-resistant sunscreen and reapply every two hours or after swimming, sweating or towel drying. You may want to select a sunscreen that does not contain the ingredient oxybenzone, a sunscreen chemical that may have hormonal properties.
- Zinc oxide, a very effective sunscreen, can be used as extra protection on the nose, cheeks, top of the ears and on the shoulders.
- Use a sun protection factor (SPF) of at least 15. The additional benefits of using sunscreen with SPF 50+ are limited.
- Rub sunscreen in well, making sure to cover all exposed areas, especially the face, nose, ears, feet and hands, and even the backs of the knees.
- Put on sunscreen 30 minutes before going outdoors - it needs time to work on the skin.
- Sunscreens should be used for sun protection and not as a reason to stay in the sun longer.

Q. Why do bananas use sunscreen?

A. Because they PEEL!

Q. What is the best day to go to the beach?

A. SUNday, of course!

Q. How do we know the ocean is friendly?

A. It waves!