



Summer Safety with Safe Kids DC



Children's National.



SUMMER SAFETY

At [Safe Kids DC](#), we know that with warmer weather comes summer fun, and opportunities to be outside, but also some different safety risks. We hope that this guide gives you some fun family activities. The calendar includes a video, an activity for your child(ren), and a community connection to link it to their experiences. As this summer may look different than past summers, the resources in this guide may serve as a means for you to know about great programs, and activities in your community to look forward to. We hope that this is another way to integrate fun and safety as you and your family head into the summer season.

Learn more about [Safe Kids DC](#)



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TODAY'S TIP

Day 1

WASH YOUR HANDS



Click the picture

Do it Yourself

Washing your hands is one of the easiest ways to make sure you do not spread germs! To wash your hands well make sure you are scrubbing for at least 30 seconds (that is about as long as it takes to sing your ABCs). Is there another song you can sing for 30 seconds?

Community Connection

Remember to wash the top and bottoms of your hands as well as in between your fingers and underneath your fingernails to make sure your hands are squeaky clean! If you are washing your hands more often and they begin to get dry you can always bring some lotion so your hands do not dry out.



TODAY'S TIP

Day 2

WEAR A MASK



Click the picture

Do it Yourself

Wearing a mask is a great way to stay safe! It protects you from germs that may come from other people. The key to wearing a mask is to make sure it covers your nose and mouth! It should not have any gaps on top of your nose so no germs can get in or out.

Community Connection

Wearing a mask is also a great way to show your community you care. It is an easy way to keep both you and your community safe from the spread of COVID19. Wearing a mask is now a requirement by DC, Maryland, and Virginia. Don't forget yours next time you leave the house!

TODAY'S TIP

Day 3

LEARNING HOW TO SWIM IS A SAFE WAY IN



Click the picture

Do it Yourself

One great way to stay safe around water is to learn how to swim. Not only is this a life-saving skill, but it is also a great way to build your confidence and stay active. What are some of the reasons you or people you know have not learned how to swim? Is there something that could change that?

Community Connection

Meet Lawrence Sapp, he is a Paralympian from nearby Waldorf, Maryland! In 2018 he won 3 gold medals in the US Para Swimming Championships, and is someone to follow during the next Paralympic games. Learn more about him and other Team USA members [here!](#)

TODAY'S TIP

Day 4

SIMPLE WATER SURVIVAL SKILLS



Click the picture

Do it Yourself

There are 5 key survival skills that can ensure you and your loved ones stay safe in the water. Find one of the skills you think you could learn over the summer. If you already know some of them, see if there is another water skill you could take some time to build.

Community Connection

Black Kids Swim is a local nonprofit that helps increase representation in competitive swimming. They have lots of opportunities, and even have scholarships available for kids to be able to join a team. Learn more [here!](#)

TODAY'S TIP

Day 5

BE COOL AND EMPTY THE POOL



Click the picture

Do it Yourself

A great way to stay safe around water is to make sure when you are done using a blow-up pool or a bathtub, you make sure to empty it (especially if you have smaller kids in your home). Are there other places you can identify in your home or community that have water to watch small children around? This can include buckets, toilets, ponds, and fountains.









Community Connection

Did you know that people must get certified to become a lifeguard? They have to take tests both in and out of the water so they can keep you safe. The US Red Cross does regular lifeguard trainings with DC Parks and Recreation. You can become a lifeguard as soon as 15 years old! Learn more about what it takes to be a DC Lifeguard [here!](#)

TODAY'S TIP

Day 6

KNOW THE SIGNS

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache, confusion
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin 
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness 
<ul style="list-style-type: none">• Get to a cooler, air conditioned place• Drink water if fully conscious• Take a cool shower or use cold compresses	CALL 9-1-1	<ul style="list-style-type: none">• Move person to cooler place• Cool using cool cloths or bath• Do not give anything to drink

Do it Yourself

Heatstroke and heat exhaustion can happen when your body gets too hot. One way to protect yourself against heat stroke is to recognize the signs if it happens. What are three signs you remember about heatstroke and heat exhaustion?

Community Connection

The next time you are out, see how many places you can stop and rest to make sure you do not overheat. This can be any spot, under a tree, a bus stop cover, or even an air conditioned building.

OF HEATSTROKE & EXHAUSTION



TODAY'S TIP

Day 7

REMEMBER HOW TO A.C.T.



Click the picture

Do it Yourself

ACT is an acronym to avoid heatstroke, create reminders, and take action. Creating reminders that kids are in the car is a great way to make sure your family is safe this summer. Some caregivers will leave their shoe in the backseat to make sure they remember little ones in the car. Take some time to create reminders for you and your family.

Community Connection

Have you ever accidentally had to go somewhere like work or school, but you were tired or not paying attention and went another place. It can happen to anyone! That is why creating reminders is a great way to ensure you don't forget who you are traveling with.

TODAY'S TIP

Day 8

KNOW WHAT TO DO IF IT HAPPENS



Click the picture

Do it Yourself

Now that you know what heat stroke and heat exhaustion. It is also important to know what to do if it happens to you or someone you know. What are a couple of things you can do if you or someone you know are experiencing symptoms?

Community Connection

A heat wave is something that happens when temperatures are 90 degrees or higher for 3 days in a row. See if you can find the first heat wave in your city last year and the first heat wave this year. Find them here. Did you find any differences?

TODAY'S TIP

Day 9

STAY HYDRATED



Click the picture

Do it Yourself

Did you know that for every twenty minutes of outdoor play you should drink 10 gulps of water? This is a great way to stay hydrated. For the next two days see how much water you drink. You can use an app or a piece of paper.

Community Connection

Take some time to identify places you go to frequently. Do they have water fountains or bottles? Can you bring your own? You can also use the app Tap to find refill stations wherever you go. Learn more [here!](#)



TODAY'S TIP

Day 10

RAIN OR SHINE



WEAR SUNSCREEN ALL THE TIME

Click the picture

Do it Yourself

Did you know even if it's cloudy outside your skin can still get damaged by the sun? Putting sunscreen on daily especially to your face can prevent that skin damage. Don't forget to use a sunscreen that is 30 SPF or higher for proper protection.

Community Connection

Safety always starts with planning. The next time you and or your family go outside make a plan of who will bring what. You can even make a list: Sunscreen, Water, Phone, Charger etc. What will you put on your list?



TODAY'S TIP

Day 11

DON'T FORGET TO RE-APPLY



Click the picture

Do it Yourself

Sunscreen is a great way to keep your skin protected when you are out and about but over time it comes off your skin, so when you are out, especially when you are playing or swimming to re-apply every 40 to 80 minutes. If you go to the pool for 3 hours about how many times should you re-apply?

Community Connection

A great way to make sure you remember to re-apply sunscreen is to set reminders when you are out. If you go to a pool, or even to the park set an alarm on you or a grown-up or friend's phone for 2 hours so you never forget to re-apply.

TODAY'S TIP

Day 12

WATER SAFETY STARTS AT HOME



Click the picture

Do it Yourself

Knowing how to be safe around water in your home can also help you be safe when you are out and about! Take some time to go over these safety tips as a family, are there any you find you can start doing now? Remember, no matter how old you are it's never too late to start being safe around water!

Community Connection

DC's Hands on Hearts CPR program is a great way for you and your family or community to learn some CPR basics. DC Fire and EMS offers this training free! If you and your family would to learn more about this or other CPR certifications available in DC click [here!](#)



TODAY'S TIP

Day 13

STAY WITHIN ARMS LENGTH



Click the picture

Do it Yourself

A great way to stay safe at the pool is to make sure if you are under 5 years old you should be within arms reach of an adult. If you are over 5 years old make sure if there are younger children swimming with you they are within arms reach of grown-ups.

Community Connection

A great way to learn and practice what you know about water safety is to play games. The App Adventures of Splish and Splash is a fun way to get to know how you and your family can stay most safe in and around water. Learn more [here!](#)

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TODAY'S TIP

Day 14

FIND A WATER WATCHER



Click the picture

Do it Yourself

A water watcher is a person whose job it is to make sure they keep an eye on kids in the pool. Can you identify someone who may be a good water watcher for the next time you go to the pool? Remember: Water Watchers are good to have even if there is a lifeguard on duty.

Community Connection

Believe it or not grown-ups like to have fun in and around the water too. A great way to make sure they have fun and you stay safe is too. Water watchers can switch off “watching duty” even every 20 minutes, so they can have fun too!



TODAY'S TIP

Day 15

**REMEMBER THE BOTTOM
OF BABY'S FEET**



**NEED PROTECTION FROM
THE SUN AND HEAT**

Click the picture

Do it Yourself

No one likes sunburn, and for babies it can be particularly painful. Keeping your baby or children's skin covered is a great way to avoid this (clothing, hat, etc), as well as making sure sunscreen is applied to the bottom of the feet.

Community Connection

Did you know that sometimes when your skin gets too hot it can cause a rash. It can become itchy or painful. There are several things you can do at home to relieve it including taking an antihistamine, applying aloe vera, calamine, or even oatmeal.

TODAY'S TIP

Day 16

BE READY TO TAKE ACTION



Click the picture

Do it Yourself

Time is one of the largest factors when someone is experiencing heat stroke or heat exhaustion. After calling 911 try and get the person out of the heat and cool them down with water or ice if it's available.

Community Connection

Having an emergency first aid kit in your vehicle is a great way to prepare in case of emergency.



TODAY'S TIP

Day 17

**THE SUN IS BRIGHT
WHEREVER IT GOES**



**THE SO PROTECT ALL OF YOUR
SKIN ESPECIALLY NECK,
SHOULDERS, EARS, AND TOES**

Click the picture

Do it Yourself

Next time you are out especially during the day set a reminder (or multiple reminders depending on how long you are out) to make sure you re-apply sunscreen especially to spots that are heavily exposed. Remember with babies the bottoms of their feet often get sun as well!

Community Connection

Did you know there are clothes made especially to protect your skin from the sun? They are made with special UV protectant materials, they also keep your skin cool in the heat. Wide brimmed hats, are another way to keep those spots that see the most sun protected.



TODAY'S TIP

Day 18

GOING EARLY OR LATE



**CAN MAKE TIME OUTSIDE
EVEN MORE GREAT**

Click the picture

Do it Yourself

Heatstroke and heat exhaustion can happen anytime, but especially in the hottest part of the day. Next time you plan to go out see if you can plan it earlier in the day, or later in the evening to avoid the hottest part of the day.

Community Connection

Knowing when the hottest and coolest parts of the day can help make your outings more safe. The hottest part of the day usually happens between the hours of 10am and 4pm.

TODAY'S TIP

Day 19

KEYS AREN'T FOR PLAY



**SO HELP REMIND CAREGIVERS
TO KEEP THEM AWAY**

Click the picture

Do it Yourself

If you have vehicle keys in your home take some time to find a space to keep keys that are up and away from children. Kids can help remind caregivers to put the keys up and away. You can also have a discussion of why it is important kids know that playing in and around the car is not safe. Take some time to find some other places for kids to safely play. This can be in the house, or out in the community like a playground or school.

Community Connection

Did you know that the temperature in a car can increase by 20 degrees in just 10 minutes? Even on cool days that temperature can rise quickly. Making sure kids know a car is not a place to play, as well as not having the keys in their reach is a great way to make sure they stay safe in and around the car!

TODAY'S TIP

Day 20

STICK WITH A GLOW



**BECAUSE WITH SPARKLERS YOU
NEVER KNOW**

Click the picture

Do it Yourself

During the summer fireworks are a cause of many injuries in both kids and adults. Take some time to find some other potential alternatives to fireworks or sparklers.

Community Connection

Did you know the Annual 4th of July fireworks show is one of the biggest in the country. People travel from all over the world to experience it. Going to a local display is a great way to enjoy fireworks safely!

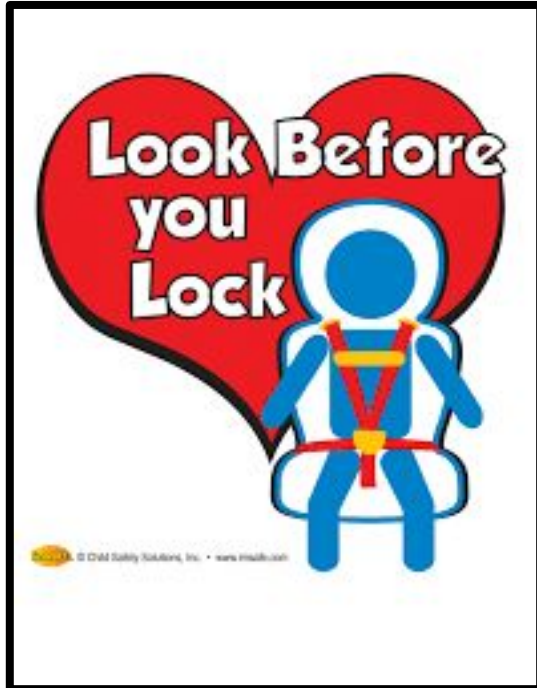
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TODAY'S TIP

Day 21



Click the picture

Do it Yourself

Making safety a regular part of your routine is a great way to stay safe. Creating the habit of looking before you lock is good for any family member, it can ensure everyone is safely out of the car, and may even prevent other items from being left and melting too.

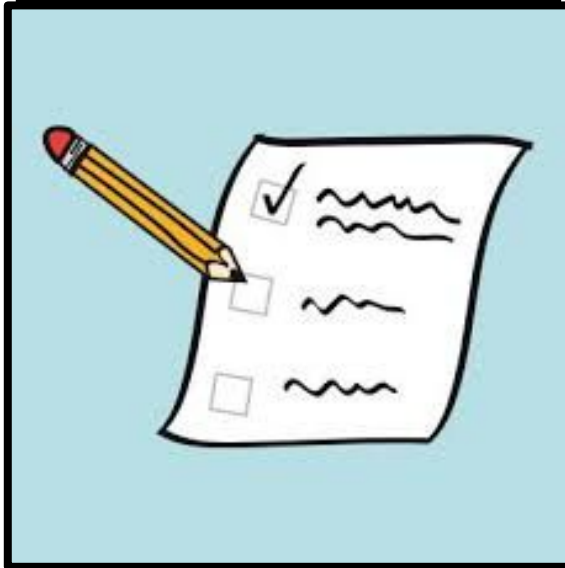
Community Connection

Did you know it is much harder for kids to control their body temperatures? This is one of many reasons leaving kids in cars for any period of time can become dangerous very quickly.

TODAY'S TIP

Day 22

MAKE A PLAN



Click the picture

Do it Yourself

Sometimes safety is as simple as making a plan. Whether you are spending the day at the pool, going on a walk, or taking a road trip being prepared puts you in the driver's seat when it comes to safety. What is an activity that you and your family do that you could come up with a safety plan together?

Community Connection

Making a safety plan can include going through the plan with family members, making sure people know where things like first aid kits are located should they be needed, or even making sure they are restocked.



TODAY'S TIP

Day 23

STAY AFLOAT SAFELY



Click the picture

Do it Yourself

There are lots of things that can make us feel safe in the water. But did you know that there is only one US Coast Guard approved personal flotation device (PFD)? That device is a life jacket. You can tell if a life jacket is Coast Guard approved because it will be written on the jacket, along with the weight limit of the jacket just like the video.

Community Connection

Being out on the water can be fun, especially when it is done safely. There are some great local boat houses and parks that have canoes and kayaks you can rent for a couple hours or even the whole day. Learn more [here!](#)

TODAY'S TIP

Day 24

THE RIGHT SEAT



FOR THE SAFEST RIDE

Click the picture

Do it Yourself

Car Seats are the safest way for kids to travel on the road, making sure your seat is the right fit can be daunting. One great way to make sure your child is in the right seat is to check their weight and height, then compare it to the labels on the car seat itself.

Community Connection

Did you know that families in DC, Maryland, and Virginia are able to get car seat checks for free? During this time there is even a virtual option where families can schedule appointments or receive other assistance from the safety of their homes. Learn more [here!](#)

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