

Children's Health Tips

brought to you by Sutter Roseville Medical Center



Sutter Roseville Medical Center provides women and children in Placer County advanced medical care in a family-centered environment. Sutter Roseville's renowned Family Birthing Center, which was recently updated and expanded, is the only one in the Sacramento region to receive a five-star rating from the national consumer group HealthGrades. In October 2008, it became the first hospital in Placer County to open a Neonatal Intensive Care Unit for preemies and other babies that need specialized care.

Mosquito Safety for Kids

Mosquitoes and their bites can be annoying but rarely do they cause significant illnesses, unless they behave as "vectors," conveying microorganisms that actually live within these mosquitoes. For instance West Nile virus is a disease spread by a mosquito.

Insect Bites Treatment: Self-Care at Home

- If there is only redness and pain at the site of the bite, application of ice is adequate treatment.
- Clean the area with soap and water to remove contaminated particles left behind by some insects - such as mosquitoes. These particles may further contaminate the wound if not removed.
- Refrain from scratching because this may cause the skin to break down and an infection to form.
- Parents may treat itching at the site of the bite with an over-the-counter antihistamine such as diphenhydramine (Benadryl) in cream or liquid form or Calamine lotion to help relieve itching.
- Children who have a history of severe reactions to bites or stings may have been prescribed an anaphylaxis kit and used according to the doctor's instructions.

Prevention

Avoid outdoor activity during dusk and dawn when mosquitoes are out. Wear long-sleeved shirts, long pants, and hats to minimize the areas of exposed skin. Shirts should be tucked in.

Use insect repellants

- Permethrin-containing repellents (Permanone) are recommended for use on clothing, shoes, bed nets, and camping gear. Permethrin is highly effective as an insecticide and as a repellent.
- Repellents containing DEET (N,N-diethylmetatoluamide) as an active ingredient are recommended by most authorities. A common repellent that contains this chemical is the brand name OFF.



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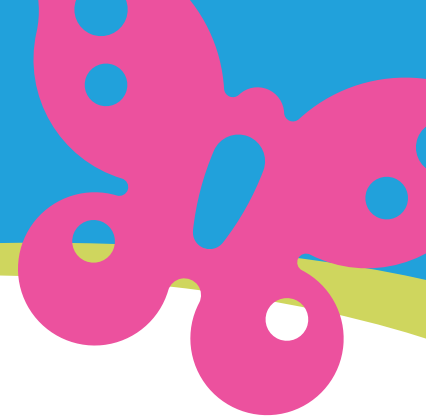
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Be Sun Smart

You probably already wear sunscreen when you are at the beach, lounging by a pool, attending an outdoor event, or just walking around on a hot summer day. But the sun's rays affect our skin every day. In fact, most sun damage occurs as a result of incidental exposure during day-to-day activities, not at the beach.

Even on cloudy, cool, or overcast days, 80% of harmful UV rays travel through the clouds and reflect off sand, water, and even concrete. Clouds and pollution don't filter out UV rays, and they can give a false sense of protection. This "invisible sun" can cause unexpected sunburns and skin damage.

Unprotected sun exposure is even more dangerous for children with:

- moles on their skin (or whose parents have a tendency to develop moles)
- very fair skin and hair
- a family history of skin cancer, including melanoma

The American Academy of Dermatology recommends that all children regardless of their skin tone wear sunscreen. Although dark skin has more protective melanin and tans more easily than it burns, remember that tanning is also a sign of sun damage. Dark-skinned children can also develop painful sunburns.

Parents should know that even one or two blistering sunburns can significantly increase a child's risk for developing melanoma/skin cancer later in life.

Here are some helpful tips to protect your family from sun damage:

- Avoid being in the sun for prolonged times when it's highest overhead and therefore the strongest, which is normally from 10 a.m. - 4p.m.
- One of the best ways to protect your family from the sun is to cover up and shield skin from UV rays. Ensure that clothes will screen out harmful UV rays by placing your hand inside the garments and making sure you can't see your hand through them. Hats and UV-blocking sunglasses should be worn when outside.
- Choose a sunscreen with an SPF 30 or higher and one that has broad spectrum coverage (for UVA and UVB rays). For sunscreen to be effective it needs to be applied generously 30 minutes prior to going outside. Reapply sunscreen often, approximately every 2 to 3 hours and after you sweat or swim.
- Babies under six months old should not use sunscreen and should be kept out of direct sun.
- Seek out shade when possible. When at the park take a break and sit under a shade tree and take an umbrella with you to the beach.

Being a good role model by wearing sunscreen and limiting your time in the sun not only reduces your risk of sun damage, but teaches your kids good sun sense.



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