

JUNE

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.

Preventing Dehydration

From riding bikes, playing soccer or a game of tag with friends every child enjoys being outside during the summer. And, unlike adults, kids don't often complain about the heat. Because of this it is important for parents and kids to know the signs of dehydration.

Dehydration is caused when the body loses water content and essential body salts such as sodium, potassium, calcium bicarbonate and phosphate. Dehydration often occurs during an illness such as the flu but also during the summer when exposed to the sun and heat.

Dehydration is a serious heat illness and children and the elderly are some susceptible.

Symptoms include:

- Thirst
- Fatigue
- Dry mouth and skin
- Headache
- Dizziness
- Decreased urination
- Increased heart rate
- No tears when crying
- No wet diapers for more than three hours

Prevention

- Drink plenty of water through out the day, especially if you're planning on being in the sun.
- Drink sports drinks to maintain electrolytes when playing rigorous sports
- Avoid soda and caffeine drinks as they cause dehydration
- Dress children in light-colored, loose fitting clothing
- Avoid direct sun exposure by using hats, sunglasses, umbrellas and staying in the shade
- Schedule outdoor activities in the mornings and evenings when it's cooler

If your child experiences any symptoms of dehydration get them out of the sun and begin re-hydration with fluids and water filled foods such as fruits and vegetables. In extreme cases of dehydration, contact your doctor.



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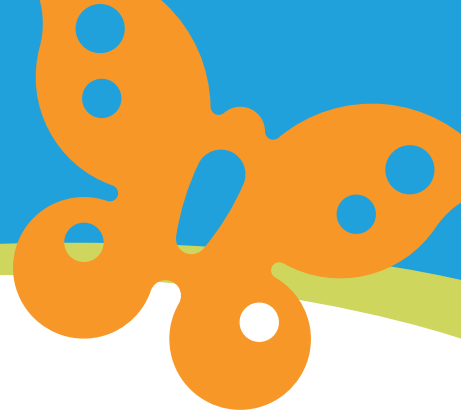
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Summer Water Safety

According to the American Academy of Pediatrics, drowning is the second leading cause of accidental death among children and adolescents

In Roseville, summer usually means temperatures in the triple digits so how do kids like to keep cool? Water of course.

Here are a few tips to make sure your child stays safe while keeping cool.

Children should be taught to swim by a certified swimming instructor.

An adult should always supervise young children who are in or around a pool.

- If you have a pool or pond in your backyard, make sure you install a four-foot safety fence and keep the gate locked.
- If you have a cover over your pool, remove it completely before anyone gets into the pool.
- A child can drown in an inch of water so even toddler pools can pose a risk and should be emptied after every use.
- Young children can easily overheat in spas and should not be permitted to use them.
- Do not allow children to rough house in the pool or run on wet concrete where accidents can easily occur.
- Older children and teens should always swim with a buddy – never alone.
- When going to the local water park make sure your child goes down the slide face up and feet first.
- Make sure your child wears a life jacket if boating or playing in a river, lake or ocean. The life jacket should fit snugly and not allow the child's chin or ears to slip through the neck opening.



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