

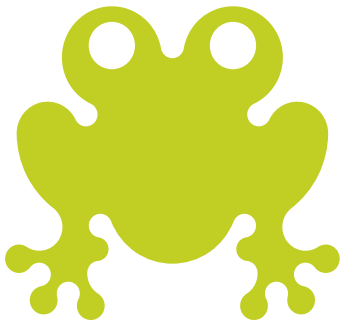
JUNE

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 the Maternity Care Excellence Award and a five-star rating from the national consumer group HealthGrades for two consecutive years (2009/2010). In October 2008, it became the first hospital in Placer County to open a Neonatal Intensive Care Unit for preemies and other babies who need specialized care.



*Sutter Roseville
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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.

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.

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

- 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 roughhouse 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.

