

# JULY NEWSLETTER

with the health team



## California Poison Control System



### Common insects that sting!

- Bees
- Wasp: hornets, yellow jackets

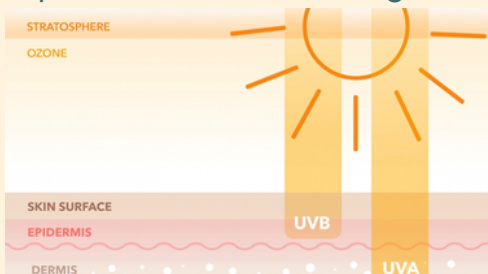
California is home to many insects that sting, such as bees and wasps. Insect stings are common all year round, but they are more likely to happen during **warmer months** when more people head outdoors. Stings can create an unpleasant reaction in your body, however if you are allergic to the venom, you can experience anaphylaxis, a life-threatening allergic reaction, call **911** right away! Please, learn how to stay safe and prevent insect stings by visiting this link. <https://calpoison.org/about-insect-stings>



### Sun Safety

When kids are outdoors, it's important to protect their skin from too much exposure to the sun's ultraviolet rays (UV rays), which can lead to skin cancer, skin damage and aging, and eye injury.

- UVB- Has the largest effect on the top layer of skin. and play a significant role in the development of skin cancer. They are more intense during the **summer months** and at higher altitudes.
- UVA- the longest wavelength, reaches deep into the layers of skin, causing aging/wrinkling. They are present throughout the day and can penetrate clouds and glass.



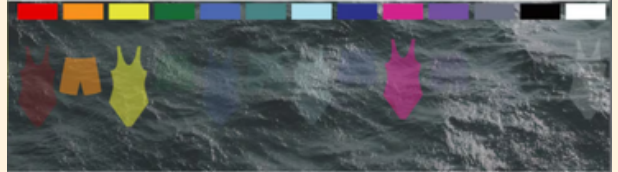
Please read how UVA/UVB rays affect your skin and what you can do to limit sun damage and how to handle sunburn. <https://kidshealth.org/en/parents/sun-safety.html?ref=search> <https://kidshealth.org/en/parents/sunburn-sheet.html?ref=search>

## What is the best color swimsuit for your child to wear?

When it comes to a child's swimwear, the color of the suit could make a huge difference for their safety. Neon colors like bright orange and hot pink are the most visible.

### Swimwear Safety

#### In the Lake



#### In the Pool

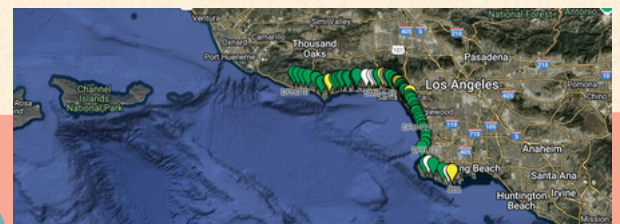


For more summer safety tips for children visit <https://www.wsaw.com/2024/07/01/water-safety-tips-what-is-best-color-swimsuit-your-child-wear/>

### Beach Safety Conditions

Before you head to the beach check your local listing for ocean water warning posted by Los Angeles Public Health. If you need any information on beach conditions, call the County's beach hotline at **1-800-525-5662** 24-hours a day. To view map of impacted locations please visit

[PublicHealth.LACounty.gov/Beach/](https://PublicHealth.LACounty.gov/Beach/)



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## California Poison Control

### Alcohol Poisoning

Alcohol is a toxin that most tissues in the body absorb. That means too much of it can harm many of your organs. If you choose to drink alcohol, keep your drinking at low to moderate levels. Alcohol includes beer, wine, and liquor. Alcohol affects people differently depending on their gender and age.



### Symptoms of alcohol poisoning

- Confusion
- Difficult or very slow breathing
- Disorientation
- Pale or bluish skin
- Seizures
- Unresponsiveness
- Vomiting

<https://calpoison.org/about-alcohol-poisoning>

## Heat Exhaustion

Heat exhaustion is the most common type of heat-related illness. It can occur when you exercise or do manual labor in a hot environment, and your body struggles to cool itself down. When you have heat exhaustion, your internal (core) body temperature may be abnormally high, but it's typically below 104 degrees Fahrenheit (40 degrees Celsius). You'll likely sweat a lot and have other symptoms like dizziness, nausea and a headache. <https://my.clevelandclinic.org/heat-exhaustion>

### Heat Exhaustion

### Heat Stroke

| Heat Exhaustion                                                                                                                                                                                  | Heat Stroke                                                                                                                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>ACT FAST</b> <ul style="list-style-type: none"><li>• Move to a cooler area</li><li>• Loosen clothing</li><li>• Sip cool water</li><li>• Seek medical help if symptoms don't improve</li></ul> | <b>ACT FAST</b><br><b>CALL 911</b> <ul style="list-style-type: none"><li>• Move person to a cooler area</li><li>• Loosen clothing and remove extra layers</li><li>• Cool with water or ice</li></ul> |
| <i>Dizziness</i><br><i>Thirst</i><br><i>Heavy Sweating</i><br><i>Nausea</i><br><i>Weakness</i>                                                                                                   | <i>Confusion</i><br><i>Dizziness</i><br><i>Becomes Unconscious</i>                                                                                                                                   |
| <small>Heat exhaustion can lead to heat stroke.</small>                                                                                                                                          | <small>Heat stroke can cause death or permanent disability if emergency treatment is not given.</small>                                                                                              |



Stay Cool, Stay Hydrated, Stay Informed!



## Reminder

- Physical exams are **due 30 days** from the first day.
- Dental exams are **due 90 days** from the start of your child's first day of school. To download forms click link below.

<https://voalacs.org/health/>

## Heat Stroke

Heatstroke is a condition caused by the body overheating. This usually happens because of exposure to high temperatures or physical activity in high temperatures for too long. There are a few stages of heat injury, and heatstroke is the most serious. It can happen if body temperature rises to 104 F (40 C) or higher. Heatstroke is most common in the summer months.

<https://www.mayoclinic.org/heat-stroke>

