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Casa Alegre Buzz

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SUMMER SAFETY 2007

Casa Alegre’s New Building

Dr. Ray and Dr. Settles on January 16th purchased land that will eventually house Casa



Dr. Ray and Dr. Settles standing on their land on Camino Coyote.

Alegre. The Doctors have been working

closely with an architect and have finalized the plans for their new office. The new office will have 9 exam rooms, including a treatment room. There will be a central nursing station and separate check-in and check-out areas. There will also be unisex bathrooms

both in the waiting area and exam room area. Best of all there will be separate well and sick waiting areas for the patients and families. We look forward to moving in Winter of 2007/2008!



This is the architect’s drawing of the future Casa Alegre Pediatrics office building.

Skateboard and Scooter Safety

- Children should never ride skateboards or scooters in or near traffic.
- All skateboarders and scooter-riders should wear a helmet and other protective gear.



skateboard parks, which are more likely to be

monitored for safety than ramps and jumps constructed by children at home. (Las Cruces has a skatepark near Meerscheidt Park on Walton Street.)

Fun in the Sun



“Limit sun exposure during peak intensity hours— between 10 am and 4 pm.”

Babies under 6 months:

- Avoiding sun exposure and dressing infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck are still the top recommendations from the AAP to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF to small areas, such as the infant's face and the back of the hands.

For Young Children:

- Apply sunscreen at

least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15.

For Older Children:

- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10

a.m. and 4 p.m.

- Use a sunscreen with an SPF (sun protection factor) of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.
- Use extra caution near water, snow, and sand as they reflect UV rays and may result in sunburn more quickly.



Heat Stress in Exercising Children

- The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.

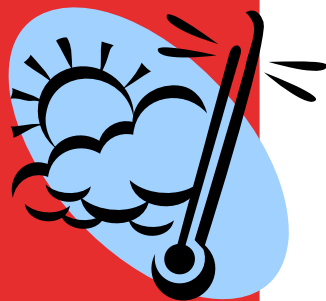
- At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to

14 days to accomplish acclimatization to the heat.

- Before prolonged physical activity, the child should be well-hydrated. During the activity, periodic drinking should be enforced, for example, each 20 minutes, 5 oz. of cold tap water or a flavored sports drink for a child weighing 90 lbs, and 9 oz. for an adolescent weighing 130 lbs, even if the child does not

feel thirsty.

- Clothing should be light-colored and lightweight and limited to one layer of absorbent material to help evaporation of sweat. Sweat-soaked garments should be replaced by dry garments.
- Practices and games played in the heat should be shortened and more frequent water/hydration breaks should be instituted.



Pool Safety

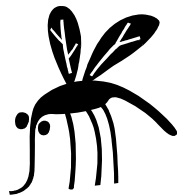
- Install a fence at least four-feet high around all four sides of the pool. The fence should not have openings or protrusions that a young child could use to get over, under, or through.
- Make sure pool gates open out from the pool, and self-close and self-latch at a height children

- can't reach.
- Never leave children alone in or near the pool, even for a moment.
- Keep rescue equipment (a shepherd's hook - a long pole with a hook on the end - and life preserver) and a portable telephone near the pool.
- Avoid inflatable swimming aids such as

- "floaties." They are not a substitute for approved life vests and can give children a false sense of security.
- Children may not be developmentally ready for swim lessons until after their fourth birthday. Swim programs for children under 4 should not be seen as a way to decrease the risk of drowning.



Bug Safety



- Don't use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- Avoid dressing your child in clothing with bright colors or flowery prints.
- To remove a visible stinger from skin, gently scrape it off horizontally with a credit

- card or your fingernail.
- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
- Insect repellents containing DEET are most effective against ticks and mosquitoes, especially those that carry West Nile Virus.
- The concentration of DEET

- in products may range from less than 10 percent to over 30 percent. The benefits of DEET reach a peak at a concentration of 30 percent, the maximum concentration currently recommended for infants and children. DEET should not be used on children under 2 months of age.
- The concentration of DEET varies significantly from product to product, so read the label of any product you purchase.

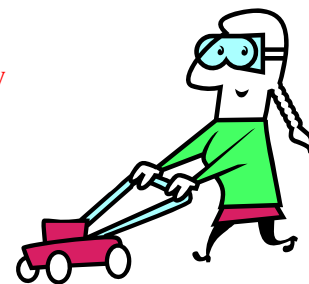
“DEET should not be used on children under 2 months of age”

Lawnmower Safety

- Children younger than 16 years should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers.
- Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.
- Prevent injuries from flying objects, such as stones or toys, by picking up objects

- from the lawn before mowing begins. Have anyone who uses a mower wear hearing and eye protection.
- Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind you when you mow in reverse.
- Always turn off the mower and wait for the blades to

- stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.
- Do not allow children to ride as passengers on ride-on mowers.





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- "Bug Safety". American Academy of Pediatrics. www.aapnews.org/cgi/content/full/e200399v1
- "Lawnmower Safety". American Academy of Pediatrics. www.aap.org/family/tiplawn.htm
- "Choosing a Bicycle" American Academy of Pediatrics. www.aap.org/family/bicycle.htm

Choosing a bicycle

- Do not push your child to ride a 2-wheeled bike until he or she is ready, at about age 5 or 6. Consider the child's coordination and desire to learn to ride. Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes.
- Take your child with you when you shop for the bike, so that he or she can try it out. The value of a properly fitting bike far outweighs the value of surprising your child with a new one. For more information on finding the proper fit, go to <http://www.aap.org/family/bicycle.htm>

- Buy a bike that is the right size, not one your child has to 'grow into.' Oversized bikes are especially dangerous.
- Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Whenever you ride, put on your helmet.
- When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.
- A helmet protects your child from serious injury,



and should always be worn. And remember, wearing a helmet at all times helps children develop the helmet habit.

- A helmet should be worn so that it is level on the head, not tipped forwards or backwards. The strap should be securely fastened, and you should not be able to move the helmet in any direction. If needed, the helmet's sizing pads can help improve the fit.