



FIRST AID TIPS FOR SUMMER SURVIVAL

Summer is a great time to have fun outdoors. Unfortunately, the warm weather of summertime brings health and safety risks including sunburn, bug bites, heat stroke and other heat-related illnesses. But with a little bit of know-how and first aid tips, warm weather injuries can be treated before they get serious.

- **Sunburn:** Immediately remove the person from the sun and place him/her in a cool (not cold) shower. Don't apply lotions or creams containing numbing medication as it may trap heat inside the skin. Make sure all sunburned areas are fully covered to prevent further sun exposure.
- **Heat stroke:** Heat stroke is a medical emergency, and it generally occurs in those who are working outdoors. Dial 911 (local emergency number) and seek emergency care immediately. Get the person out of the sun or into the shade. Apply ice packs or cold wet cloths to the armpits, neck, and groin. While waiting for medical help to arrive, keep checking their temperature, breathing, and level of response.
- **Insect bites:** Remove the insect stinger gently from the skin and wash the area with soap and water. Apply a medicated gel, cream or lotion to the injured area. If the person has mild pain, give him/her over-the-counter medicines. Call local emergency number if the person has difficulty in breathing, swelling, dizziness, etc. after insect bite. Learn how to use an Epi-pen.

Summer season also brings the risk of

- **Dehydration:** Both adults and kids are recommended to take sufficient fluids and electrolytes during summertime. Especially when participating in outdoor physical activities.
- **Drowning** mishaps can be prevented by wearing life jackets while swimming and personal floatation device while boating. With the high water levels everywhere – stay away from rivers, streams and other fast moving water sources. Keep pets away from these as well.

It's not uncommon for summer fun to take a turn. Whether you fall on a slippery rock at the tide pools, deal with seasonal allergies or come face to face with a buzzing bee, being prepared can make the difference between some minor discomfort and spending hours in the ER.

Most summertime injuries are easily treated with simple first aid. The key is to have a stocked kit with critical supplies with you while you're out, not in your hall closet or sitting in your car.

Now is a great time to take a quick First Aid refresher course. Go on line to find local dates, times and locations.

Willard City CERT will be offering a “**Stop the Bleed**” training class for the Community.

Look for more details soon. See the Willard Residents and Willard CERT Facebook Pages.



Summer First-Aid Essentials

Playing in the sunshine is good for both body and soul. Unfortunately, if you get injured during these active pursuits and you aren't prepared with on-the-spot treatments, that could be the end of your summer fun. So, before you head out on that epic hike or trip to the Bay, make sure your backpack is stocked with these first-aid essentials:

- **Premade first-aid kit**

While premade kits probably don't have everything you need, they do tend to cover the basics—gauze, bandages, tape, antibiotic ointment and alcohol pads.

- **Benadryl**

Benadryl is the frontline treatment for dangerous allergic reactions. This powerful drug not only quiets allergic reactions to bug bites and stings, but it can also help soothe seasonal allergies.

- **Hydrocortisone cream**

A critical defense against almost anything that itches, hydrocortisone is a must-have item for any summer first-aid kit. A bonus: If you can stop the itch, you won't scratch, and that can reduce the risk of a secondary infection.

- **EpiPen**

If you have a child or family member with severe allergies, bring an EpiPen on every outing.

- **Water**

Water plays a key role in avoiding heat illness and dehydration. Remember to pack enough water, not just for drinking but also for cleaning a fresh wound, or even a piece of fruit.

- **Medication**

Make sure your kit is equipped with pain-relieving medication, such as acetaminophen and ibuprofen. And if you or someone in your family has a chronic condition, or requires daily medication, make sure you have extra medication packed.

- **Sunscreen**

During summer in Utah, few things are more essential than sunscreen. Choose a broad-spectrum sunscreen (SPF 30 or higher) that protects against both UVA and UVB rays, and make sure to reapply generously. At least every 2 hours.

- **Insect repellent**

Insect bites not only itch and sting, they can also open and get infected. To protect yourself against the bite, look for insect sprays that contain 30% DEET—and try to stay indoors during dawn and dusk when critters are most active.

- **Baby wipes**

Baby wipes can be helpful for cleaning wounds and wiping things clean.

- **A tick kit**

It's important to be prepared with tweezers and magnifying glass or a specialized tick kit.

- **Dramamine**

Don't want to vomit during your boating excursion? Pack some Dramamine.

- **Feminine hygiene products**

Besides their obvious uses, these products can act as remarkable first-aid tools. Tampons double as handy cotton devices to stop nosebleeds. And pads can play a critical role in wound management. Just place it over the wound and wrap with gauze or a bandage.