Dear friends,

Since the summer break for our Shenandoah County kiddos is so very short; and when time is tight we tend to rush. I thought I would give you the top unintentional injuries and deaths in homes and communities. These are listed in order. Poisoning this includes deaths from gases, chemicals and other substances, but prescription drug overdose is by far the leading cause. Motor vehicle accidents come next, for a number of reasons loss of control, speeding, driving under the influence, and inexperience. These are things we need to be on alert about.

There are summer specific concerns as well. At the top of the list are heat injuries. The best way to survive heat injuries is to prevent them. The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. Air conditioning is the best way to cool off, according to the CDC. Also: Drink more liquid than you think you need and avoid alcohol. Wear loose, lightweight clothing and a hat. Replace salt lost from sweating by drinking fruit juice or sports drinks. Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m. Wear sunscreen; sunburn affects the body's ability to cool itself. Pace yourself when you run or otherwise exert your body

The things children and families enjoy are active outdoor activities. Always remember appropriate protective equipment, which may include: helmets, knee and elbow protectors. Again add sunscreen, water bottles and pacing to your list. Have fun but remember to be safe.

Happy summer,

Jeannie, Parish Nurse

Resource: National Safety Council

*This is the day the Lord has made. We will rejoice and be glad in it. PS. 118:24*