

# HEALTH & SAFETY TIPS

## Sun Burn: Treatment

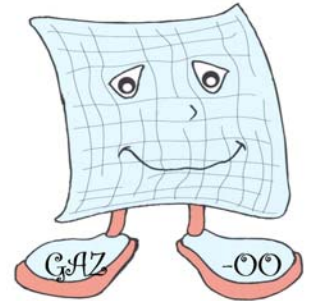
1. Cool the child's skin by applying a cool damp cloth or with a cold compress.
2. Avoid lotions and creams; they keep heat in.
3. The skin will peel and fade.
4. If problem persists, consult a physician immediately.



"TEMP"<sup>®</sup>

## Heat Exhaustion: Treatment

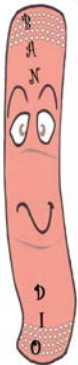
1. Notice Flushed skin, dizziness.
2. Loosen or remove clothing.
3. Drink plenty of water or fluids.
4. If problem persists, consult a physician immediately.



GAZ-OO<sup>®</sup>

## Poison Ivy: Treatment

1. Wash the affected areas with mild soap and water.
2. Affected areas may have severe itching. Apply with cold compress, or calamine lotion.
3. The rash should clear up within a few weeks. Cool the child's skin by applying a cool damp cloth or with a cold compress.
4. Avoid lotions and creams; they keep heat in.



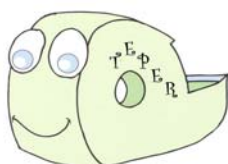
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## Sprains: Treatment

1. Have child remain still.
2. Apply a cold pack to affected area 10-15 min.
3. This should reduce swelling for faster healing.
4. If problem persists, consult a physician immediately.



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