



## RISK OF SUN EXPOSURE



### Sunburn Heat stroke Dehydration

A sunburn is superficial skin damage that occurs when unprotected skin is exposed to the sun's ultraviolet (UV) rays. Predisposes to **skin cancer**.

## SIGNS & SYMPTOMS

**Sunburn:** Redness or pink painful skin that is hot to touch. *Seek medical attention if blisters develop!*

**Heat stroke:** Headache, fever, fatigue, moist skin.

**Dehydration:** Stomach/leg aches, fatigue, decreased voids, light-headedness.

## TREATMENT

- Stay inside or in shade, hydrate, remove excess clothing, fan your child.
- If painful, may apply cold compress or have child take cool (not cold) bath.
- Apply aloe containing gel to affected skin.
- Topical corticosteroids can reduce swelling.

## 5 S' of PREVENTION



**Seek**

Avoid sun from **11am to 3pm**. Encourage children to play in shade, under an umbrella or indoors during these hours.



**Slip**



**Slap**

Dress children in sun-protective clothing including **wide brim hats** and **long sleeves**.



**Slop**

Children > 6 months should wear **SPF 30+ sunscreen** (with UVA and UVB protection). Reapply often especially when swimming or sweating.



**Slide**

Sunglasses **with ultraviolet protection** prevent sun damage to children's eyes.

## RISKS OF INSECT BITES

- Certain insects' bites (e.g. mosquitoes and ticks) carry diseases.
- Insect bites can also cause swelling, redness, pain, itching and rarely anaphylaxis.

## TREATMENT

- Symptomatic topical treatment with cold compresses, ice, and aloe are effective.
- Use oral non-sedating antihistamines, like cetirizine, for itch.
- Consider prophylaxis with anti-malarials when travelling to mosquito-endemic areas.

### Recognize ANAPHYLAXIS

Most common – bees and wasps.

**Administer EpiPen and call 911.**



Rapid onset, potentially life threatening, systemic hypersensitivity reaction

## THE DEETAILS OF PREVENTION

- Avoid** areas where insects breed and live, including **standing water**.
- Wear light-coloured, **long clothing and closed shoes**. Tuck shirts into pants and pants into socks.
- Apply icaridin- or DEET-containing **insect repellent** to clothing and exposed skin.

Age	How much DEET?	Icaridin?
< 6mos	<b>NONE</b>	<b>NONE</b>
6mos - 2y	10% once daily	Up to 20%
2- 12y	10% TID	Up to 20%
> 12y	Up to 30% DEET	Up to 20%

- Apply sunscreen first, then insect repellent 30 minutes later. Do not combine.