

THIS SUMMER SAN RAMON REGIONAL MEDICAL CENTER WANTS TO HELP PROTECT YOUR CHILDREN AND TEACH THEM SAFETY. SUMMER IS THE PEAK ACCIDENT AND INJURY SEASON FOR CHILDREN. THE MOST FREQUENT INJURIES ARE DROWNINGS, FALLS, AND BICYCLE, CAR AND PEDESTRIAN ACCIDENTS.



Summer Safety FOR YOUR KIDS.

WATER SAFETY

- Never leave children unattended around a pool or water – not even for one minute. Accidents occur quickly.
- Flotation devices are not drown-proof.
- Children should always wear a life vest while boating and near open water.
- Always close your pool gate. Double-check the gate after people have been in the pool area.
- Review your pool rules and safety with family, friends and babysitters.
- Learn CPR. You could save a life.

SUN SAFETY

- Always use sunscreen and wear protective clothing.
- Make sure youngsters drink enough water.
- Watch for signs of heat exhaustion and heat stroke: dizziness, nausea, rapid heartbeat.

PREVENT BURNS

- Watch toddlers closely near barbecues, campfires or outdoor fireplaces. Burns are common injuries.
- Install screens or some type of barrier where appropriate.
- Metal playground equipment can get hot enough to cause burns on hot days.

PREVENT FALLS

- Move beds and chairs away from windows. Children may jump and play, and could fall through open windows.
- Make sure low windows are closed to prevent young children from falling out.
- Install gates at the top of stairs or decks to prevent falls.

If you should have an emergency, San Ramon Regional Medical Center is prepared to treat you and your children in our newly expanded Emergency Department. A pediatrician from Children's Hospital Oakland is on staff in San Ramon 24-hours a day.

ROAD SAFETY

- Always wear helmets and protective gear while biking, skating or skateboarding.
- Discuss bicycle and road safety with your children.
- Review pedestrian safety with children as well as adolescents.
- Never leave a child alone in a car. Temperatures quickly reach over 100 degrees.
- Drive cautiously. Children move quickly and may be difficult to see, especially when backing up. You may not see toddlers and older children playing behind a car.
- Always put your children in car seats or seat belts.

Our Pediatric Department at San Ramon Regional Medical Center recommends these safety tips:

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Nick Giardini, M.D. *Medical Director,
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