



# THE CENTER FOR ADVANCED PEDIATRICS

Comprehensive Care for Infants, Children & Young Adults

## FUN IN THE SUMMERTIME

### POOL SAFETY

- Never leave children alone in or near the pool, even for a moment.
- Install a fence at least 4 feet high around all four sides of the pool.
- Make sure pool gates self-close and self-latch at a height children can't reach.
- Keep rescue equipment (a shepherd's hook – a long pole with a hook on the end – and a life preserver) and a portable telephone near the pool.
- Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life vests and can give children a false sense of security.
- Children are not developmentally ready for swim lessons until after their fourth birthday.
- Swim programs for children younger than 4 should not be seen as a way to decrease the risk of drowning.
- Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision."



#### **For More Information:**

Information on the CDC's "health swimming" initiative can be found online at [www.cdc.gov/healthyswimming](http://www.cdc.gov/healthyswimming). The Environmental Protection Agency provides information on the safety of beaches at [www.epa.gov/OST/beaches/](http://www.epa.gov/OST/beaches/). Results from the "national health Protection Survey of Beaches for the 2001 Swimming Season" are available at <http://yosemite.epa.gov/water/beach2002.nsf>

### KEEPING SKIN SAFE AND HEALTHY

#### **Prevent damage to your skin and your child's skin by remembering these tips:**

- Cover up – the first and best line of defense against the sun! Wear a hat with a three-inch brim (facing forward), sunglasses (that block 99 – 100% of UV rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible. The risk of burning increases when the child is near sand, water, concrete or snow.
- Avoid sun exposure during peak intensity hours – between 10 am and 4 pm.
- Use sunscreen with an SPF (sun protection factor) of 15 or more. Be sure to apply enough sunscreen and reapply often (every 2 hours, and after swimming or perspiring).
- Stay out of direct sunlight if your infant is less than 6 months



old, as sunburn may occur quickly. Sunscreen should be used when physical protections (hats, clothing, and shade) are not adequate. Using sunscreen on small areas of the baby's skin is not associated with any long-term effects, however, exposure to the heat of the sun may increase the risk of heatstroke.

- Keep hydrated while in the sun. It's very important.

### WEST NILE VIRUS AND PRECAUTIONS

The West Nile Virus has now spread widely across the United States. The American Academy of Pediatrics has revised guidelines for the prevention of West Nile Virus. There have been very few cases in the pediatric population and these cases were generally not severe.



The best precaution is to avoid mosquito bites especially during dawn and dusk when mosquitoes are most active. If you must be out doors at this time, then wearing long sleeves and pants is recommended when possible. Exposed body parts should be protected with insect repellent containing DEET (N-N-diethylmetoluamide.) However, products containing DEET are NOT recommended for children under the age of 2 months.

DEET containing products are the most effective mosquito repellents available. It is also a repellent against a variety of other insects, including ticks. The concentration of DEET varies from product to product from 10% to 30%. The difference in the percentages is related to their duration of action. A 10% product lasts about 2 hours while a 24% product lasts about 5 hours. A prudent approach would be to use a product with the lowest concentration for the amount of time spent outdoors. It is not to be applied more than one time a day.

DEET should not be used in a product that contains sunscreen. Sunscreens are applied often and therefore there would be overexposure to DEET. DEET is not water-soluble and in some cases may last up to 8 hours.

#### **Other precautions of DEET include:**

- Apply DEET sparingly on exposed skin, do not put under clothing
- Do not use DEET on the hands of young children; avoid areas around the mouth and eyes
- Do not use DEET over cuts, wounds or irritated skin.
- Wash treated skin with soap and water after returning indoors.
- Wash treated clothing as well.
- Avoid spraying in enclosed areas; do not use DEET near foods.

## BUG SAFETY

- Don't use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- Avoid dressing your child in clothing with bright colors or flowery prints.
- To remove a visible stinger from skin, gently scrape it off horizontally with a credit card or your fingernail.
- Insect repellents containing DEET are the most effective.
- The concentration of DEET in products may range from less and 10% to over 30%. The benefits of DEET reach a peak at a concentration of 30%, the maximum concentration currently recommended for infants and children. DEET should not be used on children younger than 2 months of age.
- The concentration of DEET varies significantly from product to product, so read the label of any product you purchase.



For more information:

[www.aapnews.org/cgi/content/full/e200399v1](http://www.aapnews.org/cgi/content/full/e200399v1)

## LYME DISEASE

Spring and summer are the seasons when ticks are most active in the Northeast and Lyme disease is most prevalent during these times of the year.

Lyme disease is an infection caused by the spirochete *Borrelia burgdorferi*, which can be transmitted by the bite of *Ixodes Scapularis*, a very small tick just about the size of a poppy seed.

The *Ixodes* tick is found in the eastern United States in a variety of habitats, principally woodlands and bushy areas. It lives off birds, mice and deer. Domestic animals (cats, dogs, horses and cows) can also carry ticks. The common dog tick or wood tick, which you can generally see and feel on your body, does not carry Lyme disease.

The actual tick bite is painless. Left undisturbed, the tick will remain attached to its hosts for 2 to 4 days, becoming engorged with blood, and eventually dropping off. If the *Ixodes* tick carries the *Borrelia* Bacterium, this bacterium can multiply in your body and may lead to the development of Lyme disease.

The sooner you remove the tick (preferably less than 48 hours from the time of the bite), the less chance of infection. Use tweezers to grasp the tick as close to the skin surface as possible. Pull slowly and steadily upward at a perpendicular angle away from the skin where the tick's mouth parts are attached. Be patient – proper tick removal will take time. Do not use Vaseline, nail polish remover, etc., to remove the tick. Do not touch, squash or squeeze the tick during removal. Wash the bite area with soap and water after the tick is out.

The rash may develop within hours or even up to a month after the tick bite. The rash begins as a red area around the bite and may become ring or target shaped. Whether a rash is present or not, the early symptoms of Lyme disease may include fatigue, headache, neck stiffness, joint pain, muscle aches, slight fever, swollen glands or reddening of the eyes. A pregnant or nursing woman who is bitten by a tick or develops a rash or flu-like systems should contact her health care provider immediately.

The actual tick bite cannot be treated with antibiotics; however,



Lyme disease can be treated with proper antibiotics. If identified and treated early, Lyme disease is a relatively minor disorder. Ignoring symptoms and delaying treatment can possibly prolong and complicate recovery from the disease and lead to nervous system, heart and joint problems.

To prevent Lyme disease, avoid tick habitats such as tall grass, bushes, brush and woods. If you go into these habitats, wear appropriate clothing such as a hat, long pants tucked into long socks, a long-sleeved shirt and preferably hiking boots. Before coming indoors, brush off your clothing and check for ticks. Pets can also carry the tick so inspect them closely when coming indoors. Use the tick control products that your veterinarian recommends for your pets.

## POISON IVY

The Poison Ivy plant, with its characteristic three leaflets, grows as a tall shrub or wooly rope-like vine. It can be found among grasses, on trees, telephone poles or rock walls throughout all sections of the United States except the extreme southwest.



Poison Ivy dermatitis is an allergic reaction to the oils found on all parts of the poison ivy plant. This common skin disorder can occur any time of the year but most frequently arises in the spring when plant oils are plentiful and exposure is greatest. Contact with any part of the plant, smoke from the burning of those plants, clothing and pets that might also carry plant oil are ways in which exposure to the poison oils can occur.

The first signs of ivy poisoning include sudden onset of itching and redness of the skin. The skin may also swell up and sometimes have raised streaks. Next, fluid filled blisters appear. These blisters often form straight, short rows. The rash does not spread except when poison ivy oil is transferred to other parts of the body, most commonly by the oil trapped under the fingernails. You cannot get ivy poisoning by touching the rash of another person.

Since poison ivy is abundant in our area, prevention is your best line of defense. Learn to identify the plant and avoid it throughout the year. Cover exposed areas of the body when going into areas that the plant may be growing. Long pants, sneakers, socks and long-sleeved shirts are recommended.

If exposed, immediate washing (within 10 minutes of contact) with warm soapy water on the exposed skin may prevent the rash. The oil penetrates the skin within 10 minutes and cannot be washed off after that time. Avoid baths. The poison ivy released into the bath water can expose new areas of skin. Showers are better as all traces of the oil are rinsed away. Fingernails should be well scrubbed with a nail brush to remove traces of oil. Wash exposed clothing and shoes. Since poison ivy oil can be carried on animal fur, bathing of pets may be necessary.

### HELPFUL HINTS IF RASH OCCURS

- Place cool compress to the affected area
- Apply hydrocortisone cream or lotion
- Use oral antihistamine (call us for dosage)
- Cut and file nails to help prevent infection from scratching

### CALL THE DOCTOR IF

- The rash is severe with oozing, blistering or crusting of the skin
- Large areas of the body are involved
- The rash is on the face or near the eyes

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