

IT'S SUMMER TIME!!

What parents need to know to keep kids healthy in the summer

PRIMARY AMEBIC MENINGITIS (PAM)

- Primarily affects the brain and nerves
- First symptoms are headache, fever or vomiting
- Rapidly fatal
- Found when water levels are low and water temperature is high
- Mostly occurs in children
- Infection due to water going up nose

PREVENTION TIPS FOR PAM

- DO hold nose shut or use nose clips when jumping, diving or putting head under water
- DO NOT dig or stir soil in freshwater areas

OTHER WATER-BORNE DISEASES

- Infection due to drinking, swallowing or breathing in contaminated water, mists and aerosols
- Common symptom is diarrhea

PREVENTION TIPS FOR WATER-BORNE DISEASES

- DO shower and wash hands before and after getting in water
- DO NOT swim after it rains in lakes, rivers, or streams
- DO NOT swallow recreational water
- DO NOT pee or poop in water
- DO NOT swim for two weeks after last diarrhea episode

SUMMER CAMP AND TRAVEL RISKS

- DO make sure your child is up to date on these vaccines

- hepatitis A
- hepatitis B
- influenza
- meningococcal disease
- measles
- mumps
- rubella
- pertussis
- chickenpox
- tetanus

- Food-borne diseases causes diarrhea, fever, cramps, vomiting and nausea

PREVENTION TIPS FOR FOOD-BORNE DISEASES

- DO wash fruit and vegetables
- DO cook food thoroughly
- DO freeze and refrigerate food promptly
- DO wash hands before and after touching raw food
- DO clean and disinfect any dirty surfaces
- DO keep raw foods separate from prepared foods
- DO NOT prepare food if you're sick