

### Sunscreen and Sun Safety



Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it is cloudy.

To protect children in the sun, make sure to:

- Encourage children to spend time in the shade between 11am and 3pm
- Never allow children to burn
- Ensure they are wearing suitable clothing and sunglasses
- Apply sunscreen 30 minutes before going out

Know your sunscreen! When buying sunscreen make sure to read the label. Ensure your sunscreen is at least a factor 30 to protect against UVB and has at least 4-star UVA protection.

**Did you know? Sunscreen has an expiry date, make sure to check this before applying.**

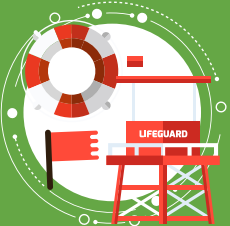
### Garden Safety



There are several potential hazards in the garden that parents/guardians need to be aware of to ensure a safe place for children to play.

- Trampolines – As a rule, there should only be one child on a trampoline at any time. Most accidents happen when there two or more people are on a trampoline.
- Gardening Equipment – Lock Garden tools away and never leave electrical equipment plugged in when not in use. Keep weed chemicals and fertilizers out of reach of young children and always in their original containers.
- BBQs – Barbeques can stay hot for a long time after they have been used. All barbeques produce carbon monoxide which is fine outdoors but is deadly in an enclosed space. Never take a lit or smouldering barbeque inside a house, tent, or caravan.

### Water Safety



Tips from South Wales Fire & Rescue Service on keeping safe around water during hot weather:

Water claims the lives of more than 50 children a year in the UK. Underestimating the dangers of water can have tragic consequences,

- Water can still be cold in summertime, so beware of cold-water shock.
- Water levels can be lower due to sustained dry spells, so do not dive into unfamiliar water.
- Reservoirs and quarries are usually not safe places to swim, unless authorised. Visit Welsh Water's guidance on reservoirs
- If in danger, float to live, do not enter the water to rescue someone or a pet – call 999 immediately if there is danger to life.
- In the event of danger in the water, if inland – ask for the fire service. At the coast – ask for the coastguard.
- Respect the water. Whatever your activity and your ability, the water can always catch you out. It is easy to underestimate its power.
- Do not ignore safety advice, special flags and notices that warn you of any dangers. Know what each sign means and what they are telling you to do.
- Never swim alone as if you get into danger in open water, there is someone who can get help. Children should always be accompanied by an adult.
- Anything below 15°C is defined as cold water and seriously affects breathing, as well as movement. The average UK sea temperature ranges from just 12 degrees. Rivers are colder than that, even in the summer. The risk of cold-water shock is significant most of the year.



### Get up to date

#### Health Info

Summer holidays are a great time for children to become up to date with their routine appointments with opticians and dentists. Children under 16 years old are entitled to an NHS funded eye test, and children under 18 years old are entitled to free NHS dental services.

### parent line

If you're a parent or carer of a 5-11 Year Old  
Text your school nurse on  
**07312 263178**  
For confidential advice and support



Available during  
school holidays

### Useful Contacts

EAST Cardiff School Nursing Team - 029 2183 3114  
WEST Cardiff School Nursing Team - 029 2090 7661  
VALE School Nursing Team - 014 4670 4114



Nursio Ysgol | School Nursing  
BIP Caerdydd a'r Fro i Cardiff & Vale UHB

### Social Media



iCAV\_SNTEAM