



NORTON
Children's
Prevention & Wellness

Funded by Norton Children's Hospital Foundation

Welcome summer!

Summer burn prevention

- Grills
- Bonfires
- Fireworks
- Sunburns

Cool down recipes for the family





Sunburns

Sunburns can be avoided even in the summer sun with prevention before children head outside. Sunburns can be very uncomfortable and in severe cases can need treatment for symptoms such as blistering or fever.



Prevention

Wear a broad-spectrum and water-resistant sunscreen of 30+ SPF

Wear sun-protective clothing, hats, and sunglasses

Keep babies out of direct sunlight, in shade

Reapply every hour while swimming



Summer burning hazards

Fireworks, grills, and bonfires are summer activities that are fun for the family but do have risk involved for serious burns and injury if children are not supervised closely.

Prevention

- Keep a 5 foot radius that is child-free around any grills and bon fires
- Never pour flammables such as gas onto a fire
- Use water to extinguish a fire when recommended. Not all fires can be extinguished with water.
- Do not dump hot coals in the yard where children can walk or fall over them



Children should never play with fireworks including sparklers. In 2022 over 40% of all firework related injuries treated in Emergency Departments were due to sparklers.



United States
Consumer Product Safety Commission

Fireworks Injuries & Deaths

2022 REPORT

#CelebrateSafely

Safety Tips

- ★ Never allow children to play with or ignite fireworks, including sparklers.
- ★ Make sure fireworks are legal in your area before buying or using them.
- ★ Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- ★ Light fireworks one at a time, then move back quickly.
- ★ Never try to re-light or pick up fireworks that have not ignited fully.
- ★ Never use fireworks while impaired by alcohol or drugs.
- ★ More Fireworks Safety Tips: [cpsc.gov/fireworks](https://www.cpsc.gov/fireworks)

Injuries & Deaths



10,200

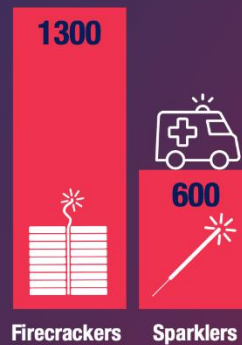
people were
treated in ERs
for fireworks injuries in 2022

11 Deaths
from Fireworks in 2022



How & When Injuries Occurred

2022 Injuries
by Firework Type



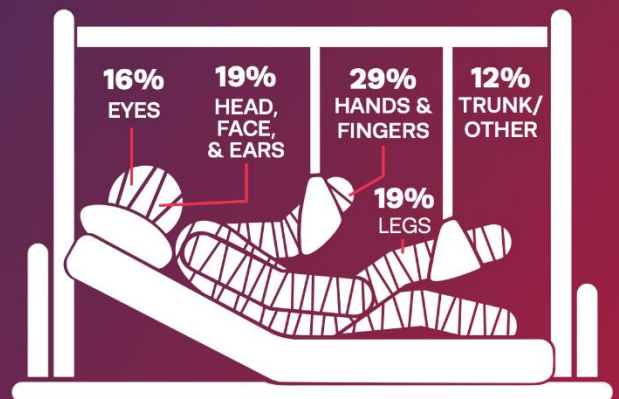
73%
of injuries occurred
in the weeks before &
after the July 4th holiday



Most Injured Body Parts



38% of the injuries were
burns



Source: U.S. Consumer Product Safety
Commission 2022 Fireworks Annual Report



CPSC.gov
USCPC



Cool down summer recipes for the family

Cool Down Cucumber Salad

- 2 cucumbers, peeled and sliced
- 1 white onion, sliced
- 1 cup white vinegar
- 2 tablespoons sugar
 - Can add more to taste
- 1 cup water

Combine all ingredients in a covered container and place in fridge for at least 1 hour before serving

Easy Peasy Guacamole

- 4 avocados
- 3-5 tablespoons salsa
- 1 tablespoon of fresh lime juice
- Salt to taste

Either mash avocados with a fork or blender and then add rest of ingredients. Serve with tortilla chips.

Watermelon Refresher

- 6 cups watermelon, cubed
- 2 tablespoons minced mint
- 1 tablespoon fresh lemon juice
- 2 teaspoons sugar

Combine mint, lemon juice, and sugar in a bowl. Drizzle over watermelon and toss gently to combine.

Banana Nice- Cream

- 4 bananas, frozen
- ½ cup vanilla Greek yogurt
- ½ cup cool whip

Add all ingredients to blender on low.

SAFESITTER

Essentials

Designed to prepare students to be safe when they're home alone, watching younger siblings, or babysitting.

The Instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue!



~~April 8 | May 21 | June 16~~

~~June 25 | July 11 | July 23~~

9:00 am - 2:30 pm

Norton Women's & Children's Hospital
Marshall Women's Center in Plaza 1
4001 Dutchmans Ln
Louisville, KY 40207

REGISTRATION INFORMATION

Class fee is \$30 to cover class supplies

Pay at registration or with a CHECK on the day of class made to Norton Children's Hospital

All students should pack a lunch

To register visit nortonchildrens.com/classes-events
or call (502) 629-7358 and leave a message for Cass

Registration is required and closes 7 days prior to the class date



Funded by Norton Children's Hospital Foundation



Upcoming community classes



Safe Baby

Safe Toddler



**Safe Grand-
parents**



Safe Sitter



**Safe Kids,
Safe Storage**



**Car seat
checks**



**N-O-T Not
on tobacco**



**Growing
Cooks**



June 11th
Safe Sitter

June 11th
Safe Baby

July 23rd
Safe Sitter

August 8th
Safe Baby



Classes and Events | Norton Children's
Louisville, Ky. (nortonchildrens.com)

To schedule a car seat check with our team:
[Car Seat Checks | Norton Children's Louisville, Ky.
\(nortonchildrens.com\)](http://nortonchildrens.com)