

How To Stay Safer During Summer Laceration Season

(NAPSA)—Summertime is here and the great outdoors awaits the millions of people ready to partake in summer sports and other warm weather activities.

If you're like nearly 80 percent of Americans polled in a recent survey conducted by Harris Interactive, safety and wearing appropriate protective gear is on your mind when participating in summer sports.

Yet, despite this finding, statistics show that emergency room visits steadily increase during the warm weather months, with open wounds being the leading cause for ER visits.

So, with this in mind, it's better to err on the side of caution. To reduce your chances of being injured or suffering a severe laceration this summer, here are a few safety tips to keep in mind:

Plan Ahead. Know your surroundings. Make sure you have the address and directions to the nearest hospital at all times.

Think First-Aid. Always keep a freshly stocked first-aid kit in an accessible area of your home or car.

Be Prepared. Keep emergency

contact numbers available, carry a cell phone if possible, and always have your insurance card handy.

Don't Panic. Whatever happens, remain calm. Experts say it's essential to making good decisions in stressful situations.

Know Your Limits. When you're tired, you're likely not at your best and the chances of a fall rise exponentially.

attention immediately.

Despite your best efforts injuries still happen, so it's important to know how to deal with a serious cut or laceration and when to seek emergency medical care. Left unattended, even for a short period of time, open cuts and lacerations may attract a high level of bacteria, increasing the risk of infection and scarring after the wound has been closed.

If you must visit the ER due to a laceration this summer, there is an alternative to receiving painful stitches. Used in leading emergency rooms across the country, DERMABOND™ Topical Skin Glue forms a strong, flexible bond over the skin in just under three minutes. This potentially "stitchless" alternative, is painless, water resistant and

keeps germs out that may cause infection—getting you back in the game faster.

DERMABOND may not be appropriate for all wounds or skin surfaces such as eyes and mouth, or for people with certain skin sensitivities. Ask the Emergency Room doctor if DERMABOND is right for you.

The American College of Emergency Physicians (ACEP) says the following warning signs should prompt you to seek immediate ER care for serious cuts and lacerations:

- A wound that still bleeds after applying five minutes of steady, firm pressure
- A wound that appears deep or "gaping" open
- A deep puncture wound, such as one caused by stepping on a piece of sharp glass or a nail
- Any cut from animal bites and human bites
- Any wound that has glass, metal or dirt embedded in it
- Difficulty with movement or sensation after a cut or laceration



Wear Protective Gear. When participating in outdoor activities, always wear protective gear, such as a bike helmet, knee pads and wrist guards. Protect your skin by using a sunscreen.

Think Fast, Act Fast. Once you've identified that you or a family member suffered a serious cut or laceration seek medical