

SAFETY SENSE

Enjoying Vacations And Carefree Days—Safely

(NAPSA)—With school breaks, sunny skies, swimming pools and vacations, the warm weather months are a time to focus on safety and first aid for the entire family. These tips from the American Heart Association can help you treat emergencies throughout the summer and all year long:

Water Safety

- Be prepared to perform CPR. Drowning is a leading cause of death in infants, children and adolescents.

- Keep a constant watch over infants and children who are swimming. A child can drown in minutes, even in shallow water.

- A child's ability to swim doesn't make him or her "drown-proof."

Vacation Safety

- Be prepared to give your location to a 911 dispatcher, especially if you're in a new place.

- Treat a minor burn by rinsing the area with cool water for 15 to 30 minutes. Then cover with clean gauze. If the burn is severe, call 911 and remove clothing or jewelry if it's not stuck to the skin.

- Apply direct pressure to a cut to stop bleeding. Use a clean bandage or cloth.

- To treat minor injuries, put a sealable plastic bag of ice on the injured area and place a towel or cloth between the ice and skin. Take a five-minute break every 20 minutes so the skin doesn't get too cold.



To better enjoy the warm weather, be prepared in case of emergency.

Perhaps the most important thing you can do is to disregard many of the "old wives' tales" about first aid that have cropped up over the years. For instance:

- Don't apply butter, lard or lotion to a minor burn.

- Don't cut the skin and "suck the venom" out of a snake bite. Instead, call 911 and wash the bite with soap and water.

- If someone suffers a high-voltage electric shock, don't try to move them until the power is turned off. If the voltage is high enough, it can travel through supposedly non-conducting materials, such as wood or other non-metal objects.

These tips are from the American Heart Association's Heart-saver First Aid and Heartsaver CPR courses. To find a course near you, call 1-877-AHA-4CPR or visit www.americanheart.org/cpr.