

# Village Pediatrics of Chapel Hill, PA



It Takes a Village...



## Fun in the Sun!

Although it is fun to be in the sun, there are harmful effects as well. Avoid the sun at its strongest, from 10 am to 4 pm. Sunburns and suntans are evidence of skin damage to your child. Just sitting in the shade doesn't protect your child enough. If they have a wet shirt on, 50% of UV radiation goes through it. Protection is also important during cloudy days. SUNSCREEN is a very cheap protection you can give your child.

### Sunscreen Tips:

- Pick one that offers UVB and UVA protection with SPF 45 or higher.
- Apply a thick coat 30-45 min before exposure, and reapply every 2 hours after getting wet or sweating.
- Your child **MUST** be at least 6 mo old in order to use sunscreen.
- If your child is **NOT** at least 6 mo old, try to avoid sun exposure by



dressing your infant in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn.

\*Remember, an ounce of prevention is worth more than a pound of cure!

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## The Gummy Truth

It feels like 100 degrees and the sparkling water of the swimming pool looks so refreshing. Before you get in, you might want to know how clean the pool water is. Cryptosporidium and Giardia are fecally transmitted parasites and are linked to gastrointestinal illness outbreaks in swimming pools. These parasites can withstand chlorine disinfection for a considerable amount of time. Both of these illnesses can cause severe watery stools, abdominal cramps, malaise, bloating, and dehydration. Talk about a party pooper!



### The Center for Disease Control recommends:

- Wait 2 weeks after diarrhea resolves to get in the swimming pools.
- Don't swallow water in the pool or any interactive water parks.
- Take children for bathroom breaks and check their diapers often.
- Change diapers in the bathroom, not in the lounge or poolside area.



\*The best defense against Cryptosporidium and Giardia is to prevent them from getting in the pool. By following the CDC's recommendations you can have a great time at the pool without any worries.

# Poison Ivy

More than 50% of people are sensitive to the oil of poison ivy. The rash usually appears 1-2 days after your child has been exposed to the plant in a forest or field. How long does it last? Usually 2 weeks. Treatment helps the symptoms but does not cure the rash. Call your healthcare provider if the rash lasts longer than 2 weeks or if the skin looks infected.



## Treat at home

- Paste made out of baking soda and water
- Warm vinegar compresses
- Nonprescription 1% Hydrocortisone Cream
- Oral Benadryl every 6 hours

## Is it Contagious?

The fluid from the blisters cannot spread the rash, the oil from the plant can remain on pets' fur, clothes, shoes for up to 1 week and this **CAN** cause a rash. Be sure to wash with soap and water.

## What can I do to take care of my child?

- Wash area with soap and cold water for 5 minutes within 1 hr of exposure (to prevent the oil from being absorbed into the skin); especially under the fingernails.
- Avoid hot water, this will open your pores and let the oil soak in.

## Prevent Poison Ivy:

Learn to recognize it-avoid all plants with three large leaves on each stem or plants with shiny black spots on damaged leaves.

Wear long pants and socks when walking through the woods.



Poison Ivy at the Beach



Poison Ivy in the Summer



## Eeww, I got bit by a tick!

### Why do we worry about tick bites?

Any child who plays outside is susceptible to getting a tick bite. Illness causing bacteria live in ticks and can be transmitted by the tick bite. Tick bites are common but disease transmission is not; therefore children do not need to see a healthcare provider for every tick bite. A tick must be imbedded at least 24 hours before they can transmit any disease. The two most common diseases transmitted from ticks are Lyme disease and Rocky Mountain Spotted fever.

RMSF symptoms usually occur suddenly, which include high fever-103-105 Fahrenheit, chills, muscle aches, stiff neck, headache and red spotted rash that begins around the wrists and ankles. Lyme disease symptoms include fever, muscle aches, and "bull's-eye" rash at site of tick bite and typically appear after two weeks of being bitten, so mark your calendars. Both of these illnesses are treatable with the right antibiotics.



Bulls Eye Rash

**\*Parents need to be diligent about doing a head to toe search after playing outside-especially on the scalp, behind ears, neck and genital areas.**

The easiest way to remove ticks is to apply Dawn dishwashing detergent to the tick, allow it to sit for 10-15 minutes and wipe away. Giving your child a bath with Dawn is also just as effective.

### We recommend DEET to help prevent ticks

User's Age	Conc. of DEET	Application Instructions
Two months to 2 years	10% or less	Apply only once daily
Two years to 12 years	10% or less	Maximum of three applications
12 years and older	30% or less	Follow label precautions



# Heatstroke, Exhaustion, and Cramps oh my!

All heat reactions are caused by high temperatures and an excessive loss of water from the body. When humidity is high, heat reactions happen more quickly because it is hard to sweat.

Signs of **heatstroke** include: hot/flushed skin, high fever, no sweating, confusion or passing out.

\*The high fever can be life threatening. Cool your child off as soon as possible. Emerge them in cool water. Give them a sip of cold water every 15 minutes if conscious. Move them to a cool place and seek medical attention.

Signs of **heat exhaustion** include: cold/pale skin, NO fever, Sweating, fainting, weakness.

\*Put your child in a cool place, have them lie down with their feet elevated, after 2-3 glasses of water drive them to your healthcare provider.

Signs of **heat cramps** include severe cramps in the legs, arms or abdomen and no fever.

\*Give your child a glass of cold water every 15 minutes until they feel better. Salty foods also help. Children with heat cramps do not require medical attention.

## PREVENT IT!

Before prolonged physical activity, children should be well-hydrated. Have your child take 5-min water breaks every 20-30 min in the shade.

Children weighing 90+ lbs should drink 5 oz of cold water every 20 min, and teens/adolescents weighing 130 lbs should drink 9 oz every 30 minutes, even if they don't feel thirsty. They may not feel thirsty until he/she is almost dehydrated.

Also, make sure to NEVER leave children in parked cars, especially during hot weather.



## Creepy Critters

Bites from fire ants, horseflies, bees, wasps, hornets, and yellow jackets cause a painful red bump. Swelling can last up to 48 hours. If your child was stung multiple times, the large amount of venom can cause them to vomit, have diarrhea, or have a headache.

Stings can also cause an allergic reaction. If your child finds it hard to breath or swallow call 911 immediately.

How can I help my child?

- Remove the stinger
- Rub each sting for 20 minutes with a cotton ball soaked in meat tenderizer or baking soda and water (avoid areas around the eye).

- If it still hurts, rub it with an ice cube.
- Give Tylenol or Motrin right away to help with pain and burning.
- If it itches, apply 1% hydrocortisone cream up to 4 times per day.



## Swimmer's Ear

### What is Swimmers Ear?

An infection of the lining of the ear canal that is caused from water getting trapped in the ear canal. Your child probably has swimmer's ear if they have been swimming recently.

### Symptoms

- Pain when moving their ear lobe up and down
- The ear feels plugged up
- Itchy and painful ear canals
- Clear discharge from ear, without treatment becomes yellowish.

### Treat

~ For mild swimmer's ear, use white vinegar mixed with equal parts of warm water in affected ear twice per day.

~For severe swimmer's ear, you need antibiotic-steroid eardrops and should be seen by a doctor.

**To prevent swimmers ear, rinse your child's ear canals with rubbing alcohol each time after swimming.**



**List of Products to keep at home for  
spring/summer:**

- Dawn Dish Detergent- apply directly to tick for 15 minutes
- Hydrocortisone- for itching
- Benadryl- for itching
- Sunscreen 45+ SPF- 6mo and older
- Aloe Vera/white vinegar- sunburn
- Bug and Sun- especially for infants 6mo and older
- DEET- bug repellent
- Duct tape- apply to splinters, leave on for 24h to remove
- Tweezers- splinters/ticks
- Baking Soda/Meat Tenderizer- poison ivy
- White Vinegar/alcohol- swimmer's ear



All of us at Village Pediatrics wish your family  
a fun and safe summer.

We're always here if you need us!

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