

DID YOUR CHILD BRING HOME MORE THAN MEMORIES FROM CAMP?

A Guide to several common summer health problems



E.S.D.H.D.



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POISON IVY:



- + Wash the skin thoroughly with soap and warm water.
- + Scrub under the fingernails to prevent the oils from spreading to other parts of the body.
- + Wash clothing and shoes with soap and hot water.
- + Body heat and sweating can aggravate the itching. Stay cool and apply cool compresses to your skin.
- + Calamine lotion and hydrocortisone cream can be applied. Bathing in lukewarm water with an oatmeal bath product may soothe itchy skin. Aluminum acetate (Domeboro solution) soaks can also help to dry the rash and reduce itching.
- + If creams, lotions, or bathing do not stop the itching, antihistamines may be helpful.
- + In severe cases, especially rash around the face or genitals, your physician may prescribe oral steroids.



When to Contact a Medical Professional Call 911 or go to an emergency room if:

- * Someone is suffering a severe allergic reaction, such as swelling or difficulty breathing, or has had a severe reaction in the past.
- * Someone has been exposed to the smoke of a burning plant.

Call your provider if:

- * Itching is severe and cannot be controlled.
- * The rash affects your face, lips, eyes, or genitals.
- * The rash shows signs of infection, such as pus, yellow fluid leaking from blisters, odor, or increased tenderness.

MRSA:

MRSA is **methicillin-resistant Staphylococcus aureus**, a potentially dangerous type of staph bacteria that is resistant to certain antibiotics and may cause skin and other infections.

You can get MRSA through direct contact with an infected person or by sharing personal items, such as towels or razors that have touched infected skin

Be sure that when your child comes home with any cuts or scrapes that you

- + Clean them with soap and water and
- + Cover them with an antibiotic cream and a bandage to allow it to heal.

When to Contact a Medical Professional

If a scrape or cut doesn't start healing in 3 days call your pediatrician to look at it. An out-of-control infection can lead to some serious health problems.





SUN BURN:

Prevention is the best remedy

- Sunscreen SPF 15 or more applied at least 3 times a day
- Hats and sun protective clothing on especially bright sunny days

Remedies for sunburn:

- + Ice
- + Ibuprofen or acetaminophen
- + Lukewarm or Cool bath
- + Aloe Vera
- + Stay hydrated
- + If there are blisters cover them to reduce the risk

of infection

When to Contact a Medical Professional

See a doctor if severe sunburns cover more than 15% of the body, there is dehydration, a high fever $>101^{\circ}$ (F), or extreme pain that persists for longer than 48 hours.

LYME DISEASE:

If you or child has been bitten by a tick

- + If the tick is still attached carefully remove it and place it in a zip-locked bag. Bring the tick to the health department and were it will be sent to the State to be tested for Lyme Disease.
- + Wash the area with soap and water

Typical symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system.

When to Contact a Medical Professional

If you see a rash like the one below or develop a fever and achy joints please go to your doctor to be tested for Lyme Disease.



MOSQUITO BITES:

- + Wash all bug bite areas with soap and water.
- + Consult your doctor when giving an antihistamine such as Benydral
- + Put anti-itch cream (cortisone) on the site



When to Contact a Medical Professional

While many times you will see mosquito bites this is what to look for to avoid further health risks such as West Nile Virus:

- Fever
- Headache
- Back pain
- Muscle aches
- Lack of appetite
- Sore throat
- Nausea
- Vomiting
- Abdominal pain
- Diarrhea

These symptoms usually last for 3 to 6 days.

With more severe disease, the following symptoms can also be seen and require prompt attention:

- Muscle weakness
- Stiff neck
- Confusion or change in clarity of thinking
- Loss of consciousness



BEE STING:

When to Contact a Medical Professional

Watch for excess swelling or difficulty breathing or fever which would require a trip to the doctor or to the emergency room

What to Do if a Person is Stung

- Stay with the victim to be sure that they do not have an allergic reaction.
- Wash the site with soap and water.
- The stinger can be removed using a 4x4-inch gauze wiped over the area or by scraping a fingernail over the area. To reduce pain and swelling make a paste of baking soda and water and apply to the sting
- Apply ice to reduce the swelling.
- Do not scratch the sting. This will cause the site to swell and itch more, and increase the chance of infection.

It is normal for the area that has been stung to hurt, have a hard swollen lump, get red and itch.

Allergic reactions

- There are several signs of an allergic reaction to bee stings. Swelling that moves to other parts of the body, especially the face or neck.
- Difficulty in breathing, wheezing, dizziness or
- A drop in blood pressure.

Get the person immediate medical care if any of these signs are present.

