

On-Line Resources

For more information about staying safe this summer, visit these websites:

[Water Safety](#)

redcross.org/services/hss/tips/healthtips/safetywater.html

[Driving Safety](#)

nhtsa.org

[Child Safety](#)

usa.safekids.org

[Fire Prevention](#)

nfpa.org



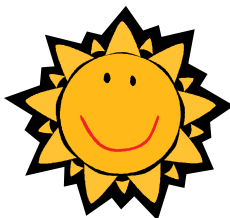
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Articles in this newsletter are not a substitute for the care and advice of medical professionals. When you have a question or need medical advice, diagnosis or treatment, consult your physician.

This newsletter is produced by Inova Health System in conjunction with your faith community. If you prefer not to receive this newsletter, please notify the appropriate personnel in your faith community.

Inova Health System is a not-for-profit health care system based in Northern Virginia that consists of hospitals and other health services including emergency and urgent care centers, home care, nursing homes, mental health, blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community we serve through excellence in patient care, education and research.



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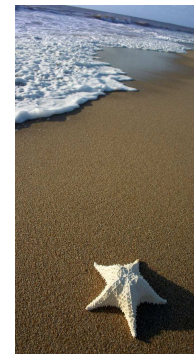
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For Your Health

Summer Safety

Make Your Fun Safe

Summer is finally here and with it comes fun, vacations, swimming, and getting together with friends! But with this fun comes greater risk of injury for both children and adults. Increased time spent driving, swimming, bicycling, and boating mean more chances for injuries to occur. However, taking just a few precautions can help keep you and your family safe! For instance, always wear protective equipment (seatbelts, life jackets, and helmets) when engaging in summertime activities. In this issue, you will find several tips to avoid injury while driving, swimming, and boating. As the saying goes, an ounce of prevention truly is worth a pound of cure!

A Blessing for Safety

May your entire body, mind, and soul be
preserved completely whole and
may you live in safety!

From the Hebrew and Christian Scriptures

On the Road

Summer can mean extra miles behind the wheel, so this is the perfect time to remind yourself and those you love to stay safe on the road. Car crashes are the leading cause of death for people under 35, so when heading out onto the road, keep these tips in mind to make sure you arrive home safe every time.

- **Pay Attention!** Being distracted while driving slows your reaction time significantly. Never use a cell phone, read directions, eat or drink, or put on makeup while driving.
- **Stay Alert!** Driving while tired increases the risk of a serious crash. If you will be driving long distances or late at night, bring a friend or family member with you who can drive when you get tired. If you must drive alone and you are tired, pull over and nap at a rest stop if there is a safe place. Or take a brief walk and get a cup of coffee.
- **Put Down the Bottle!** Never drive a car if you have been drinking alcohol. Buzzed driving is the same as drunk driving. Decide on a designated driver who will drive your group home before you start drinking. If you don't have a designated driver, choose soda, punch, seltzer, or juice instead.
- **Buckle Up!** Always wear your seatbelt, whether you are in the front seat or the back seat. Those riding in the back seat are just as at risk of being ejected from a car if there is a crash unless they are wearing a seatbelt. Always keep children secure in a proper car seat or booster seat until the age of 8.



In the Water

While cooling off in the summer sun, keep these safety tips in mind:

- Set pool or beach rules for each family member based on their swimming ability (i.e., those who are not as experienced at swimming should stay in shallower water).
- Do not dive into a pool or lake unless the area is clearly marked as safe to dive. While it may look deep enough, there may be rocks or hidden debris that could cause a head injury to a diver.
- Do not drink alcohol while swimming or boating. Not only does alcohol impair your coordination and balance, but it makes it more difficult for your body to stay warm.
- Always closely supervise children who are swimming. Teenagers who do not need supervision should always swim with a partner.
- Leave the water at the first sign of rain, thunder, or lightning.
- Pay attention to how you feel. If you are tired, cold, nauseous, or light-headed, you should stop swimming.
- Be aware of the threat of “**secondary drowning**.” This occurs when a person inhales water into the lungs. While they may seem fine, over a period of hours the water can damage the inside of the lung and can cause serious injury or death. Look for these warning signs after a person has a near-drowning experience or is submerged in water for an extended period of time: coughing, trouble breathing, pain in the lungs or chest, and/or fatigue. Seek medical attention if someone exhibits these symptoms.

