

Access **KIDS** Health

A Health and Safety Newsletter for Members of Child Health Plan *Plus*, offered by Colorado Access

School is OUT, but Summer Safety is IN

For lots of kids, summer usually means more outdoor fun like swimming, camping, playing tag or riding bikes. With the warmer weather and longer days, your kids may never want to come back inside! That means it's extra important to keep an eye on your children during this time.

Keep your kids summer healthy by making sure they do not get dehydrated. With all the outdoor-fun, kids can forget to drink liquids. Do simple things like keeping water bottles full and at your child's reach. Also make sure kids avoid being outside during the midday HEATWAVE. You can do crafts inside that your kids will love when it's too hot to play outside.

Being outside in the sun means more sunscreen is needed. Many parents forget that kid's skin is more sensitive to the sun. So, it's always a good idea to have kids wear a hat and put on a thick layer of sunscreen, even on a cloudy day. If possible, have your kids play in the shade.

Summer can be a fun and relaxing time for you and your family. Take time for smart summer safety!

Join your Kids and BEAT the HEAT

Don't let your kids have all the fun. You can join them too! Check out these fun summer activities to do with your kid(s).

1. Have a water balloon game at a park or in your yard.
2. Set up a picnic with family and friends at a nearby park. Make sure to bring healthy foods too, like sliced apples, grapes and carrots. Watch out for ants!
3. Gather up your neighbors and kids to play squirt-gun tag.
4. At night, sit outside of your home with flashlights and tell each other stories.
5. Do something simple, like play hopscotch or jump rope.

Don't forget to keep water and sunscreen lotion with you at all times.

HAVE QUESTIONS? NEED HELP? CALL US!

(303) 751-9021, toll free 1-888-214-1101 or TTY for the deaf or hard of hearing at 1-888-803-4494

Visit us on the Web at www.coaccess.com

Paw Prints



Summer Safety Crossword Puzzle



Your Clues!

Across

1. The hottest season
2. Another word for sunblock
3. Drink LOTS and LOTS of w_____
5. The Colorado Access super cool mascot; he's furry, orange and black.

Down

1. This protects your eyes from the sun
2. FUN in the S____
4. Another word for insects

Across
1. Summer 2. Sunscreen 3. Water 5. Safe T. Tiger

Down
1. Sunglasses 2. Sun 4. Bugs

Answers:

What?!

A Random Fact for Adults

If you count the number of cricket chirps in 15 seconds and add 37, that will tell you what the temperature is.



"Like" the Safe T. Tiger page at <http://www.facebook.com/SafeTTiger>



Call Safe T. Tiger to hear a monthly safety tip at 1-888-TIGER-10

Can you help Safe T. Tiger spot them all?
This newsletter is filled with bugs!



Hey! It's Safe T. Tiger

Safe T. Tiger is the Colorado Access health and safety mascot. He loves to have fun while teaching boys and girls around Colorado how to stay safe and healthy.