



## U.S. Public Health Service Nursing - TIP OF THE MONTH

Protecting, promoting, and advancing the health and safety of the Nation



July 2015

Summer Fun



### SUN & SWIMMING SAFETY

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers, wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Maintain constant supervision.
- Make sure everyone in your family learns to swim well. Enroll in age-appropriate Red Cross water orientation and [learn-to-swim courses](#).
- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- Avoid distractions when supervising children around water.
- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- Protect your skin. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.
- Drink plenty of water regularly, even if you're not thirsty. Avoid drinks with alcohol or caffeine in them. Know how and when to call 9-1-1 or the local emergency number. SOURCE: [Red Cross](#)



### FREEBIES & MILITARY DISCOUNTS: Take Advantage and Have some Fun!

1. [Hopper Tickets for Disney](#): Through Disney's Armed Forces Salute program, military personnel can get half off the regular price of tickets to Disney theme parks. These deals are good for all military members, including active duty, National Guard, Reserve, retired military and spouses. Purchase through September 30, 2015 and Disney offers four-day park hopper tickets to Walt Disney World in Orlando, Florida for \$177.00 (add the water park option for \$207) and three-day park hopper tickets to Disneyland in Anaheim, California for \$132 (which allows you to visit both Disneyland Park and Disney California Adventure Park on the same day).
2. [Sea World or Busch Gardens](#): Waves of Honor permits any U.S. active duty military, activated or drilling reservist, or National Guardsman to one complimentary admission per year for military personnel and as many as three direct dependents.
3. [Apple Military and Government Store](#)
4. [Under Armour Military, Veteran, and First Responder Program](#)
5. [Vet Tix](#)
6. [Military Travel to Hawaii](#)
7. [Space-A-Travel](#)
8. [Military lodging and Travel](#)



**TO REQUEST A MENTOR**

**PHS-NURSE LIST SERV**

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