



Avoid Burns

The sun provides us with light and warmth, and is our primary source of Vitamin D. But sunshine can make metal or other surfaces very hot. A child can get a serious burn from touching a hot surface, such as a playground slide or a car seat buckle.

A child's skin is tender and can burn more quickly than an adult's skin. Use the back of your hand to check for hot surfaces. If it feels warm to you, it will feel hot to your child's skin. Here are some ways to avoid burns.

- ✓ Check the surfaces of slides or other playground equipment before your child plays on it.
- ✓ Place a towel over your child's safety seat or seat belt buckles when you park the vehicle. When you return, check these items. If the buckle or seat is warm, turn on the air conditioner and cool the seat before buckling-up your child. Always use approved child safety seats and buckle up!
- ✓ Be sure children wear shoes when playing or walking outdoors. Hot sidewalks, streets, and sand can burn tender feet.

Never leave a child (or a pet) in a parked vehicle. Even with the windows open, the temperature inside a vehicle can reach 120° F or higher in just a few minutes. Children can get very sick or even die if they get too hot.

Practice sun safety, every day, all year long.