



Avoid cabin fever...get active and enjoy the season safely **Stay Active in the Winter Months Winter Health & Safety Tips**

The US Department of Health and Human Services recommends children ages 6 – 17 get at least 60 minutes of physical activity each day. As part of their daily physical activity, children should have vigorous activity at least 3 days per week. They should also do muscle-strengthening and bone-strengthening activity at least 3 days a week. So, get out there, build a snowman or woman, sled, ski and skate your way to a healthy 2010 while enjoying the beauty of winter in Sheboygan County. Plus, someone has to shovel the snow, right?

Whether winter brings severe storms, light dustings or just cold temperatures, the American Academy of Pediatrics (AAP) has some valuable tips on how to keep your children safe and warm.



What to Wear

- * Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Clothing for children should consist of thermal long johns, turtlenecks, one or two shirts, pants, sweater, coat, warm socks, boots, gloves or mittens, and a hat.
- * The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
- * The sun's rays can still cause sunburn in the winter, especially when they reflect off snow. Make sure to cover your child's exposed skin with sunscreen. Also, sunglasses when outside for long periods of time might be helpful.

- * Stay hydrated. It is important to take water breaks when being active outdoors in the dry winter air.
- * If your child suffers from winter nosebleeds, try using a cold air humidifier in the child's room at night. Saline nose drops may help keep membranes moist. If bleeding is severe or recurrent, consult your pediatrician.
- * Don't wear earphones that keep you from hearing others especially when sledding or crossing streets with high snow banks.
- * Consider having your child wear a helmet while sledding, snowboarding, downhill skiing and ice skating.

Winter Sports and Activities

Set reasonable time limits on outdoor play to prevent frostbite. Have children come inside periodically to warm up. Check the weather forecast, keep the wind chill in mind and make sure conditions are favorable for outdoor fun.

Ice Skating

- * Allow children to skate only on approved surfaces. Check for posted signs to see if an area has been approved as safe.
- * Advise your child to: skate in the same direction as the crowd; avoid darting across the ice; never skate alone; not chew gum or eat candy while skating.

Snowmobiling

- * Do not use a snowmobile to pull a sled or skiers.
- * Wear goggles and a safety helmet approved for use on motorized vehicles like motorcycles.
- * Travel at safe speeds and never alone or at night.
- * Stay on marked trails, away from roads, water, railroads and pedestrians.

Downhill Skiing and Snowboarding

- * Children should be taught to downhill ski or snowboard by a qualified instructor in a program designed for children.
- * Never ski or snowboard alone.
- * Young children should always be supervised by an adult. Older children's need for adult supervision depends on their maturity and skill. If older children are not with an adult, they should always at least be accompanied by a friend.
- * Equipment should fit the child. Skiers should wear safety bindings that are adjusted at least every year. Snowboarders should wear gloves with built-in wrist guards.
- * Slopes should fit the ability and experience of the skier or snowboarder. Avoid crowded slopes.
- * Avoid skiing in areas with trees and other obstacles.

Sledding

- * Keep sledders away from motor vehicles and crowded areas.
- * Young children should be supervised while sledding and if possible, separated from older children.
- * Sledding feet first or sitting up, instead of lying down head-first, may prevent head injuries.
- * Use steerable sleds, not snow disks or inner tubes.
- * Sleds should be structurally sound and free of sharp edges and splinters, and the steering mechanism should be well lubricated.
- * Sled slopes should be free of obstructions like trees or fences, be covered in snow not ice, not be too steep (slope of less than 30°), and end with a flat runoff.



This information in this flyer was made available by the American Academy of Pediatrics and was found at www.aap.org.

Hypothermia

- * Hypothermia develops when a child's temperature falls below normal due to exposure to cold. It often happens when a youngster is playing outdoors in extremely cold weather without wearing proper clothing or when clothes get wet.
- * As hypothermia sets in, the child may shiver and become lethargic and clumsy. His speech may become slurred and his body temperature will decline.
- * If you suspect your child is hypothermic, call 911 at once. Until help arrives, take the child indoors, remove any wet clothing, and wrap him in blankets or warm clothes.

Frostbite

- * Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears and nose. They may become pale, gray and blistered. At the same time, the child may complain that her skin burns or has become numb.
- * If frostbite occurs, bring the child indoors and place the frostbitten parts of her body in warm (not hot) water. 104° Fahrenheit (about the temperature of most hot tubs) is recommended. Warm washcloths may be applied to frostbitten nose, ears and lips.
- * Do not rub the frozen areas.
- * After a few minutes, dry and cover him with clothing or blankets. Give him something warm to drink.
- * If the numbness continues for more than a few minutes, call your doctor.

H1N1 Vaccine Walk-In Clinics are scheduled at the Division of Public Health, 1011 N 8th St. in Sheboygan the first two weeks of January as follows:

January 4th, 5th, 6th and 7th from 1:30 PM – 4 PM

January 8th from 9 AM – Noon

January 11th from 1:30 PM – 4 PM

January 12th from 1:30 – 6 PM

January 13th and 14th from 1:30 PM – 4 PM

January 15th from 9 AM – Noon

Check www.co.sheboygan.wi.us/Clinics.htm for future clinics
