

Member Newsletter

June is National Safety Month



For More Information
Go To CCPcares.org

Call Us At
1-866-899-4828

Community Care Plan values your care. If you have any concerns with your children's Physical, Occupational or Speech Therapy Services, please call Yvie Noel at 954-622-3272 or email yvnoel@CCPcares.org. For more information, visit CCPcares.org/Members/Medicaid

[Click Here to View Our Past Newsletters](#)

- Sources:
- [Home Fire Campaign, South Florida, American Red Cross](#)
 - [2021 Summer Safety: Steps You Should Take to Help Stay Out of Harm's Way](#)

School Is Out and Summer Is In

June is a good time to think about ways to keep safe at home and in our community. The American Red Cross has a lot of great info to help you and your family stay safe this summer.

Fire Safety - The American Red Cross suggests these two simple steps to keep your family safe.

1. Practice a two minute fire drill. Make sure every person in your family knows two ways to get out of every room in your home. Twice a year, use a timer and practice getting everyone out in two minutes.
 - While we love our pets and belongings, never go back inside for them.
 - During a real fire, call 911.
3. Install smoke alarms in your home and test them monthly.
 - Smoke alarms should be replaced every 10 years.
 - If you don't hear your alarm give three beeps, change the batteries.

Grilling Safety - In the summer, there are more backyard barbecues and grilling. Grilling causes about 10,000 home fires a year. Never grill indoors, keep the grill away from the house, deck, tree branches, or anything else that can catch on fire.

Bike Safety - Biking is a great outdoor activity and a way for all members of the family to exercise. Here are some other bike safety tips.

- Always be sure to wear a helmet (at any age).
- Before riding, make sure the tires are inflated and the brakes are working.
- Avoid riding at night or dusk and wear reflective clothing and have lights on your bike so you can be seen.

Water Safety - Florida summers are hot, and pools, beaches and boating are great ways to cool off. But to keep your family safe, it is important to be Water Smart.

- Make sure youth are always watched around the water. Make sure at least one adult who can swim always watches.
- Prevent unsupervised access to water by installing barriers around pools, spas, and backyards that are on the water.
- If your child is missing, always check any body of water first. Don't look for hiding places like closets, or under beds.
- At the beach or on boats, use a Coast Guard approved life jacket at all times.
- Everyone in the family should know how to swim. CCP offers swim lessons to our Medicaid members for all children under the age of 12. Call our Member Services team to learn more.





Safety for Pregnant and New Moms

On the first page of this newsletter, we talk about the heat in South Florida. Pregnant women are more likely to get dehydrated in summer months. The summer heat is also more likely to cause overheating in pregnant women. Dehydration in pregnancy can put you at risk of preterm labor.

Does this mean you cannot enjoy the summer sun? No, but do take a few steps to stay safer.



Go to the beach, pool, or do other outdoor activities earlier in the day when it is less hot.



Avoid sun time from 10 AM to 4 PM.



Drink at least eight ounces of water every hour you are in the sun.



To prevent sunburn and changes in skin color (melasma) that can happen during pregnancy, wear sunscreen that is 30 SPF or higher.



Wear light, breathable clothing like linen or cotton. Try not to wear anything too tight.

A little swelling in the heat may be normal, but if you find that you feel dizzy, nauseous, or more tired than usual, this could be a sign that you need more water. Watch your salt intake as well and if you have swelling that concerns you, always check with your doctor.

On the first page, we also talked about water safety at home. **In 2017, nearly 4,000 drownings were in children under the age of 4.** For parents of newborns and infants, never leave your child alone in the bathtub, toilet, or near buckets of water around the home. Keep an eye out for any of these risks and always look to the water first if a child is missing in the home.

Finally, think about taking a CPR class. You might just save a life.

Community Care Plan cares about you and wishes you a safe and happy Summer!

Sources:

- [Pregnant this summer? Beating the heat means safety and comfort, UAB News](#)
- [Water Safety, National Safety Council \(nsc.org\)](#)

