



Broward County Government Newsletter

July 2018

Volume 1, Issue 2

Community Care Plan, 'the health plan with a heart'

Keep your kids safe this summer with these pool and playground tips from the American Academy of Pediatrics.

Pool Safety

- Parents should watch their kids near a pool.
- Kids under age 5 should have an adult giving "touch supervision."
- Touch Supervision is being within one arm length of a kid near the pool.
- Use a life-jacket instead of a pool floatie.
- Kids over one year of age may be at a lower risk for drowning if they have swimming lessons.
- Two resources for swim lessons are:
 - SWIM Central: 10 free 30-minute water-safety classes over a two-week period, taught by certified water-safety instructors 954-357-SWIM (7946) SWIMCentral@Broward.org
 - Water Smart Broward: The Children's Services Council of Broward County has partnered with Broward County's SWIM Central program to provide a coupon with a value of \$40 to help off-set the cost of swimming instruction for children. For pool locations and to request your coupon, please call 954-467-4700 or visit: www.watersmartbroward.org/swim-instruction/swim-coupon/

Sunscreen Tips

- Use sunscreen labeled "Broad-Spectrum."
- Sunscreen should have an SPF of 15-50.
- Sunscreen should cover all areas on the body that are exposed.
- Use sunscreen 15-30 minutes before going outside.
- Reapply every 2 hours.

<https://healthychildren.org/English/news/Pages/Summer-Safety-Tips-Sun-and-Water-Safety.aspx>
<https://healthychildren.org/English/news/Pages/Summer-Safety-Tips-Staying-Safe-Outdoors.aspx>
<https://healthychildren.org/English/safety-prevention/at-play/Pages/Sun-Safety.aspx>

Playground Safety

- Parents should watch their kids while they are playing.
- The summer heat can make the playground very hot.
- Make sure slides are cool, so your child does not get burned.
- Always wear shoes while playing.
- Swing seats should be made of soft materials.
- Check the playground to make sure there are no loose parts that could hurt your child.

To find a playground near you, visit:
www.broward.org/PARKS/THINGST-ODO/Pages/Playgrounds.aspx



Meet with CCP during your
Annual Health Fairs
July 10th – August 28th

To schedule your time, visit:

<https://pickatime.com/browardcountygovernment>

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-224-5701/TTY/TDD 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-224-5701/TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Enfòmasyon sa a disponib nan lòt lang yo. Tanpri kontakte depatman sèvis manm nou an nan 1-866-224-5701/TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00 am a 7:00 pm EST.