Make sure youth are always watched around the water.

Prevent unsupervised access to water by installing barriers.

If your child is missing, always check any body of water first.

At the beach or on boats, use a Coast Guard approved life jacket.

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.

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.
  - 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.

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)](#)

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 1-866-899-4828 /TTY/TDD, 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. This información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-899-4828 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-899-4828 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.