

Hello Parents of the Great Neck School District,

The UPTC and Cohen Children's Medical Center (CCMC) are working together to develop and support health and safety programs for our children.

As we head into the summer there are specific safety concerns you and your children should be aware of. We have a terrific team and with Jill Savino, our injury prevention coordinator, we created the attached flyer that contains helpful hints for a safe and happy summer.

CCMC is the only American College of Surgeons verified Level I Pediatric Trauma Center in the region and a recent recipient of the prestigious MAGNET designation for Nursing Excellence. We are excited to collaborate with our neighboring communities to increase awareness of our hospital and of the resources you can count on to take care of your children. With a dedicated pediatric emergency room and a 200+ bed pediatric hospital, we are here for you when you need us.

Please keep an eye out for future flyers throughout the year on other similar topics as we continue our team effort with the UPTC to keep the children of our community safe and healthy.

To learn more about us, please visit our website <http://ccmc.northshorelij.com/>.

Have a wonderful and safe summer!

Sincerely yours,

Charles Schleien MD  
Executive Director  
Cohen Children's Medical Center  
Northwell Health System

# Summer Safety!



## When Riding Your Bicycle



- ⇒ ALWAYS wear a helmet!
- ⇒ Scan for danger. Keep a lookout for cars and other hazards
- ⇒ Wear bright colors so drivers can see you!
- ⇒ Obey all traffic signs and signals
- ⇒ Have front and rear lights so you are visible to others



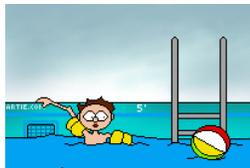
## Bicycle Helmet Fitting

- ⇒ A bicycle helmet should fit snugly around the head
- ⇒ The helmet should sit low to cover the forehead, about two fingers width from the eyebrows (see figure on the left in the picture)
- ⇒ The two side plastic pieces should fit under the ear and create a "V" around the ear (see figure in the middle in the picture)
- ⇒ The buckle should be just under the chin with one finger width of space in between the buckle and chin (see figure on the right in the picture)



## When at the Pool or Beach

- ⇒ Follow all water safety rules!
- ⇒ Only swim where there is a lifeguard or adequate adult supervision. Parents never turn your back on a small child in a pool or the ocean. Give them your **undivided attention**, and that means put away the cell phone
- ⇒ Even with a parent or lifeguard watching, always try and swim with a buddy



## When at the Playground

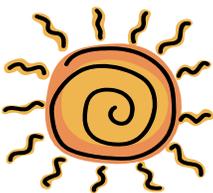
For children between the ages of 5-14, there are over 200,000 visits every year to emergency rooms for injuries related to playground equipment.

- ⇒ Parents should check playground equipment before letting children play to make sure it is safe.
- ⇒ Metal playground equipment can get very hot on a sunny day and can cause burns to exposed skin
- ⇒ Follow playground safety rules.
- ⇒ Watch children closely when they are playing on swings, slides and monkey bars.



## Any Time in the Sun

- ⇒ Sunscreen should be generously applied 15 minutes before direct exposure to the sun. Use fresh sunscreen with at least SPF 30 and both UVA and UVB protection. Don't forget to apply plenty to protect ears, nose, lips, and the tops and bottoms of feet. Sunscreen should be reapplied every two hours, but if swimming or sweating reapply more frequently



**Cohen Children's Medical Center**  
Northwell Health™

The **ONLY** ACS-verified Level I Pediatric Trauma center  
in NYC and Long Island!