



Stan & Fran's Health Hints

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Did you know ... that jumping on back yard trampolines is a high risk activity?

The Canadian Pediatric Society, Canadian Academy of Sports Medicine and Safe Kids Canada do not recommend trampolines for home use.

- Every year 500 children experience trampoline-related injuries with the potential risk of paralysis and death.
- Almost half of all trampoline related injuries are caused by simply jumping on the trampoline.
- Supervision by adults and even trained spotters is ineffective in preventing serious trampoline injuries.



Protect your children...get them immunized



It is important for school age children to get all recommended vaccines. As children get older, the immunity provided by childhood vaccines can wear off. Children are also at risk of new diseases as they enter their pre-teen years.

Immunizations are provided when children start school (4 to 6 years of age) and in Grades 6 and 9. Information will be sent home regarding vaccines, dates and times.

Find more information on the school immunization programs, by speaking to a public health nurse, your family doctor or going to http://www.interiorhealth.ca/school_health.aspx and clicking on immunization.



RABIES

is caused by a virus, which can be spread by the bite of an infected animal. In BC, bats are the only animals known to be potentially infected with rabies.

Some important points:

- Teach your children **not to touch bats** or any dead animals.
- Contact your public health unit, if a human or animal has come into direct physical contact with a bat or you need instructions on how to dispose of a dead bat.

Bats are valuable animals and are protected by law. They are wild animals—have healthy respect for them by keeping your distance.



Keep Kids Hydrated in the Summer



The long days of summer make it a great time of year for kids to be active outdoors. The combination of heat and active play can ramp up their thirst. Help to keep your kids healthy and hydrated with these tips...

- **Choose water most often.** It is available straight from the tap and the best form of hydration. Get your kids a reusable water bottle so they can have it wherever they go.
- **Milk** is also a great choice at snack and meal time. It provides kids with protein and bone building nutrients such as calcium and vitamin D.
- **Skip the pop, energy drinks and other sugar sweetened beverages.** They are high in sugar, low in nutrients and can contain caffeine.



- **100% fruit juice** is a “choose sometimes” beverage. While it does provide kids with vitamins and minerals, it is high in sugar and lower in fiber than the whole fruit. Canada’s Food Guide recommends choosing vegetables and fruit more often than juice.

- **Sports drinks** contain sugar and electrolytes. Save these drinks for high intensity endurance activities that last over one hour. For example a cross country race or a soccer tournament. They aren’t necessary for kids engaged in regular community sport.