

Keep Your Family *Safe* on Vacation

Summer holidays are a chance to relax and forget about the daily grind. But there are certain things that should never be left behind, and the safety of your loved ones is one of them. **Every year thousands of people get injured, get food poisoning, drown or get painfully sunburnt while on holiday.** Safety shouldn't take a vacation just because you do.

So here are some tips to keep you and your loved ones safe and healthy this summer.





Drowning

Small children can drown in as little as an inch of water (in buckets or coolers, for example), so make sure that your child is always in your sight. But anyone—even experienced swimmers—can drown due to a variety of reasons (fatigue, intoxication, strong currents, lack of life jackets, etc.), so consider the points below.

- Never leave your child alone at a pool or beach and always take them with you, even if you're going away just for a minute.
- Keep your cleaning buckets, bathtubs and kiddie pools empty when not using them.
- Make sure your children wear life jackets in and around natural bodies of water. The life jackets must be well-fitted (the term the Coast Guard uses is "comfortably snug").
- When boating, remember to always wear a life jacket (they're not only meant for children). Ensure the boat has enough Coast Guard approved life jackets for each person aboard before departing.
- Try to find age-appropriate swimming courses for your child before the summer break.
- If your family member survives drowning or near drowning, keep an eye on them for about 24 hours for delayed symptoms such as shortness of breath, difficulty breathing, coughing and/or chest discomfort, extreme fatigue, irritability and behavior changes. If you notice any respiratory symptoms or unusual behavior, seek medical help.
- It's not only children who are at risk of drowning, so remember to always swim with a partner and never swim after drinking alcohol or taking medicine that causes drowsiness.



Sun Exposure

Summer holidays are a chance to finally go out in the sun and enjoy days to the fullest. But being exposed to direct sunlight during sun peak hours means a higher risk of skin cancer, cataracts and heat stress. Approximately 90 percent of skin cancers are linked to UV exposure, which means that they are largely preventable. **Protect your family and yourself by following these rules:**

- Use broad spectrum and water-resistant sunscreen with a sun protection factor (SPF) of at least 30 on skin not covered by clothing.
- Apply the sunscreen generously and reapply regularly and when you get wet or sweat.
- Find some shade or bring your own, such as umbrellas.
- Wear a wide-brimmed hat and clothes that cover as much skin as possible.
- Cover your head, neck and ears.
- Don't deliberately try to get a suntan and avoid getting a sunburn.
- Wear sunglasses or prescription eyeglasses with UV-protective lenses.

Lyme Disease

Lyme disease is spread by certain ticks. If you travel to areas where ticks are found, you should know about the risk of Lyme disease and take precautions to protect your family. **Find out from the local public health office if there are ticks in the area before you travel.**

- When entering areas with low bushes, long grasses or woodlands, wear closed-toe shoes, long-sleeved shirts that fit tightly around the wrist, and pants tucked into your socks or boots. Use a tarp when sitting on the ground.
- When hiking, walk in the center of the trail.
- Use insect repellents containing DEET or picaridin on clothes and skin (read the label and follow instructions for use).
- After being in areas where ticks may live, check for ticks on and under clothing. Wear light-colored clothes to help you find the ticks more easily.
- Inspect your skin daily (including armpits, in and around hair, navel, groin, and behind the ears and knees).
- Check your pets.
- Shower within two hours of being outdoors to wash away loose ticks (they may take a few hours to attach themselves to your skin).
- Wash your clothes and put them in the dryer to help kill any ticks that may remain.
- Carefully remove any ticks if you find them attached to the skin. If the mouthparts of the tick break off or do not come out, try to remove them with tweezers or, if you are unable to remove them easily, leave them alone and let the skin heal.
- Wash that area of your skin with soap and water or disinfect with alcohol.
- Keep the tick for testing by placing it in a small sealed container or double resealable bags and bring the tick to your doctor if you experience or if think you might be experiencing symptoms of Lyme disease.





Back Injury from Carrying Luggage, Coolers and Gear

Over 84,000 people were treated for injuries related to carrying luggage in 2015. It's not surprising, especially when the rushing and frustration involved in traveling make people forget to use proper lifting techniques. This is why you should make it a point to **lift luggage with your legs rather than your waist and to hold it close to your body.**

- Choose luggage with wheels and handles.
- Try to pack lightly, only taking things that are necessary.
- Bend your knees and lift luggage with your leg muscles.
- If carrying a backpack, make sure to balance its weight on your shoulders and have both straps padded.
- Don't rush. It's better to make a few more trips to the car than hurt your back. If a piece of luggage is too heavy, consider re-packing and leaving some things behind or ask for help.

Food Poisoning

Millions of people have vacations and business trips ruined each year when they succumb to food poisoning and “traveler’s diarrhea.” The main causes are bacteria, viruses and parasites. Unfortunately, contamination of food and drink can happen at any point during processing or preparation. Additionally, hot and humid countries have more contaminants in their food and water. **So what precautions can you take?**

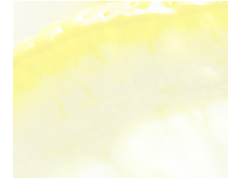
- Brush your teeth with bottled water.
- Don’t open your mouth in the shower.
- Wash your hands often, especially before preparing and eating food.
- Don’t drink from the taps and boil your drinking water for three minutes.
- Only drink water or juice from sealed containers—in restaurants ask to open them yourself.
- Carefully wipe down cans and bottles before you drink from them.
- Don’t use ice in your drinks.
- Steer clear of buffets, including sauces, salads, cooked sliced meats, pâté, cheeses and foods at room temperature that may be repeatedly heated up.

Also avoid eating the following:

- Ice cream.
- Seafood.
- Fruit and vegetable skins.
- Raw meat, poultry, or eggs.
- “Ready-to-eat” food such as pre-packed sandwiches.
- Sauces and condiments with street foods—they may be watered down using tap water.
- Any food that may have been washed in contaminated water.

What is safe to eat and drink?

- Fruit and vegetables that can be peeled.
- Bottled water.
- Freshly cooked hot food.





Emergencies Abroad

When traveling abroad, it's not enough to book a flight and purchase relevant currency. **Consider what possible risks you and your family might be exposed to** and plan accordingly.

- Purchase travel insurance (it should include medical insurance). You're not likely to need it, but in the event that you do, not having to worry about the costs is a great relief when dealing with emergencies.
- Check if you need any vaccinations. If you do, see your doctor or a travel health specialist.
 - Many travel immunizations need to be given in a series of shots administered over a period of days or weeks. They also need time to work. So give yourself enough time to plan and get any travel vaccinations you and your family might need.
- Make sure you and your children carry emergency numbers like your local embassy, local police or ambulance in the event you need them.
- Write down the address of the place you're staying in case you become stranded and need to get back.
- Research any important information about your destination if it's an area that's not familiar to you. Do the local laws impact the clothes you should wear and the way you should behave in public? For example, some countries will not allow you to drink alcohol in the street or in a public space and public displays of affection can get you in trouble. Make sure you know what to avoid.

Driving Abroad

Don't assume that just because you know how to drive in your country, you'll know how to do it abroad.

- Look up the rules and regulations relevant to your destination. Some street signs or speed limits might be very different. They could also use kilometers instead of miles or even drive on the other side of the road.
- Check if your driver's license will be accepted. Some countries only accept international driving permits from foreign drivers, in which case you will have to obtain one before your vacation.
- Check the routes you're planning to take and get a map. It will save a lot of frustration and worry.
- Always wear seatbelts.
- Make sure you have collision/liability insurance.



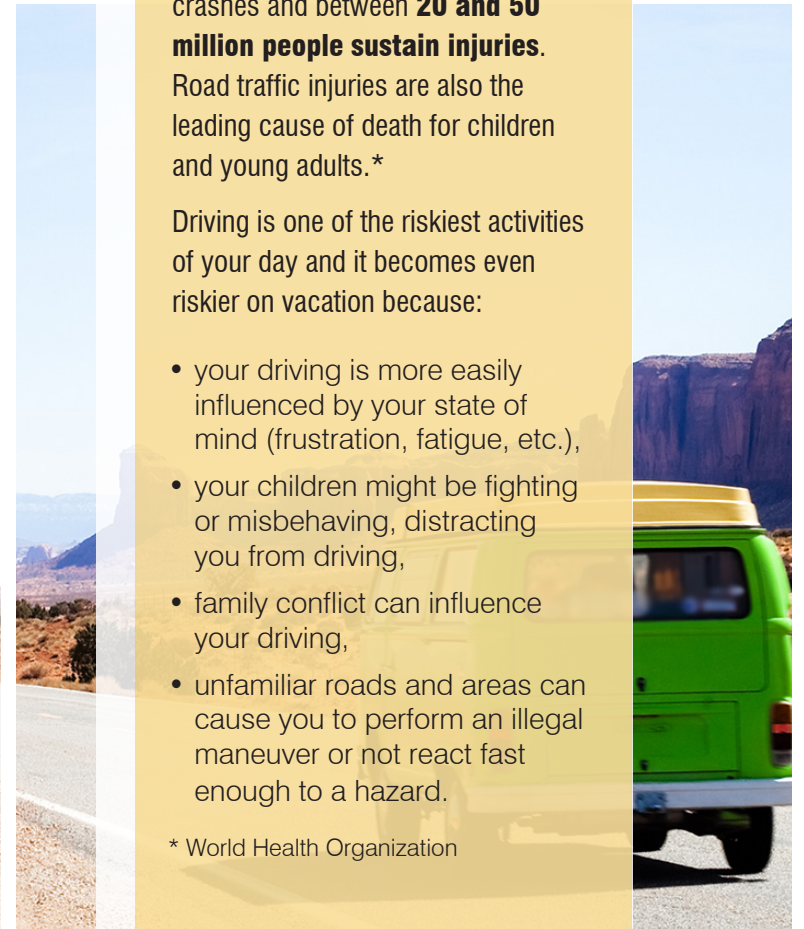
Approximately **1.35 million people die each year** as a result of vehicle crashes and between **20 and 50 million people sustain injuries**.

Road traffic injuries are also the leading cause of death for children and young adults.*

Driving is one of the riskiest activities of your day and it becomes even riskier on vacation because:

- your driving is more easily influenced by your state of mind (frustration, fatigue, etc.),
- your children might be fighting or misbehaving, distracting you from driving,
- family conflict can influence your driving,
- unfamiliar roads and areas can cause you to perform an illegal maneuver or not react fast enough to a hazard.

* World Health Organization





First-Aid Kit

Whether you're taking a road trip, camping or renting a cottage, **remember to pack a first-aid kit**. You might not need it, but it can be a literal life-saver.

- If you're using an old kit, check it for expired items and replace if needed.
- Make sure your kit includes an up-to-date first-aid manual and read it.
- Include a flashlight and extra batteries.
- Store it somewhere you can easily find it, but make sure it's out of children's reach.

Consider Your State of Mind

Think about the number of near misses or injuries in your life that were caused by rushing or frustration. These and other states of mind are more than likely to affect you and your family's safety on vacation. For example, **any of the following can cause an injury or worse:**

- Rushing to pack the suitcases in the car.
- Frustration when driving on unfamiliar roads or when family members affect your driving.
- Excitedly jumping into unfamiliar water.
- Being complacent about applying sunscreen or wearing life jackets.

These are just a few of the many possible examples, so consider how everyone in your family can get affected and prepare.

- Think about situations where you know you'll be likely to become frustrated, rushed or fatigued and come up with solutions that may reduce the impact of these states on you.
- Think about when your loved ones are likely to become reckless because of rushing, fatigue or even joy and either plan for it or talk about it with them. For example, children should know that just because they notice something exciting, they shouldn't just rush in.
- Prepare your children for situations where you know they'll be at risk and remain vigilant.

Planning and keeping safety in mind won't ruin your holiday, and it just might save you from spending it at the emergency room.

Every year, the injuries and deaths that happen on vacation always happen to someone's family. So use the tips in this brochure to keep you and your loved ones safe and healthy this summer.





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