

2013

REVIEW

JULY



Your Partner in Health

Summer is in full swing

This is the perfect time to be outside enjoying the beautiful Blue Water area. There are family gatherings, picnics, camping, festivals, races, fireworks and many other happy activities. Unfortunately, our enthusiasm can lead to overdoing it and summer-related accidents and injuries. You may not believe this: even though we are always here for you, we'd rather you didn't have to seek treatment in our Emergency Center. To help you avoid it, we offer some tips on staying safe and healthy. **Have a great summer!**

Thomas DeFauw, President and Chief Executive Officer

A SAFE SUMMER IS A BETTER SUMMER

You hear it over and over -- "let's get out and enjoy the weather!" At Port Huron Hospital, we encourage you to do just that. But, we also urge you to have a safe summer. During a typical year, our Emergency Center has more than 38,000 visits. According to Holly Lotts, nurse manager in Emergency Services, the warm weather brings an unfortunate increase in injuries that coincide with the very things we love and enjoy most in the Blue Water area -- water, sun and fun.

WATER

Living in a Great Lakes state, we're blessed with access to water. But, trouble can arise when we become complacent about water safety. Every day across the country, ten people die from accidental drowning. According to Holly, we underestimate how quickly things can change; whether in a lake, a pool or a pond.

"A lot of people just don't realize how strong the water current can be or they think that because they or their children are good swimmers; they're safe," says Holly.

Tips:

- Never leave children unsupervised around pools, ponds or lakes.
- Place fences around pools and other bodies of water to reduce the risk of young children drowning.
- When boating, ensure that there is an appropriately sized life preserver for each individual on board.
- Adults should use extreme caution if consuming alcohol during water activities.
- Learn CPR.

SUN

The sunshine can be good for our mood, but it can be dangerous if we don't respect it.

"We see serious sunburns because people thought they were safe when it was cloudy, or they thought it had to be very hot weather for a burn," says Holly.

The sun's heat can result in people suffering serious dehydration. "Listen to your body," says Holly. "If it tells you you're thirsty, drink. If you're tired, rest."

Tips:

- Use sunscreen with the highest level of SPF and apply a minimum of every two hours.
- Encourage those exercising or working in the heat to stay hydrated, rest frequently and, if possible, to avoid being outside until the heat has subsided.
- Check on those most affected by extreme heat -- children, the elderly and disabled. Air-conditioned

locations are the best way to avoid excessive over-heating.

- Avoid beverages containing alcohol or caffeine when it's hot. They tend to dehydrate you.
- Wear lightweight, light colored, loose fitting clothing.

FINAL WORDS ON FUN

Enjoy the summer, but keep a focus on safety. Play it safe around holiday fireworks and explosives, and always wear a helmet when biking and skateboarding.

"We want people to know that bad stuff can happen to good responsible people; people who usually do the right things, but let their guard down for a minute," says Holly. "There's good advice out there -- don't make assumptions or think it can't happen to you. Think ahead. Know what can happen and know what to do."



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