



KPFARS MONTHLY HEALTH HUB

Neighbors Staying Informed, Staying Healthy, and Staying Safe Together



Staying Safe During Outdoor Activities in the Spring

As the weather warms up and nature comes back to life, many of us are eager to spend more time outdoors. However, it's essential to stay safe while enjoying spring activities. Here are some tips to keep you and your children safe :

1. Sun and Heat Protection:

- Keep children shaded and dressed in lightweight clothing.
- Apply sunscreen with SPF 15 or higher and reapply every 2 hours.
- Encourage drinking water to stay cool and hydrated.

2. Bug Bite Prevention:

- Use EPA-registered insect repellent and dress children in protective clothing.
- Check for ticks regularly, especially in grassy areas.

3. Playground Safety:

- Choose playgrounds with age-appropriate equipment and soft surfaces.
- Ensure children wear helmets when using wheeled equipment.
- Avoid contact with stray animals and hazards.

4. Water Play Safety:

- Ensure pools have proper chemical levels and discourage swallowing pool water.
- Supervise children closely to prevent drowning incidents.
- Consider formal swimming lessons for added safety.

Centers for Disease Control and Prevention (CDC) - "Outdoor Play and Safety for Children in ECE": [Link](#)

IN THIS ISSUE

TIPS FOR STAYING SAFE DURING OUTDOOR ACTIVITIES IN THE SPRING

THE IMPACT OF AIR QUALITY ON HEALTH

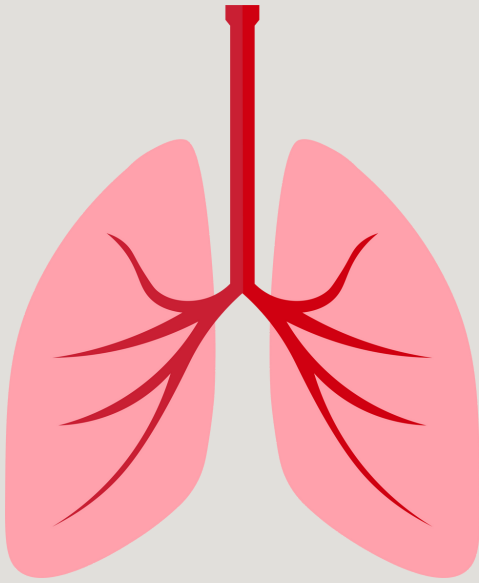
WHEN TO CALL 911 FOR SEVERE ALLERGIC REACTIONS OR ANAPHYLAXIS

UPCOMING EVENTS

MONTHLY DRILL:
MAY 1ST AT 7PM AT THE
NEW ROAD BUILDING

MONTHLY BUSINESS
MEETING: MAY 15TH AT
7PM AT THE NEW ROAD
BUILDING

The Impact of Air Quality on Health



Poor air quality can worsen respiratory conditions like **asthma** and **allergies**. As we embrace the fresh beginnings of spring, it is important to recognize the significance of air quality in fostering healthier living environments.

1. **Indoor Pollutants:** Dust, pet dander, mold, and VOCs contribute to indoor air pollution.
2. **Recognizing Symptoms:** Watch for symptoms of respiratory distress, including difficulty breathing, wheezing, chest tightness, and persistent coughing, especially in individuals with pre-existing respiratory conditions.
3. **Preventive Measures:** Improve indoor air with ventilation, cleaning, and air purifiers.
4. **Emergency Preparedness:** If experiencing severe respiratory distress, such as sudden shortness of breath, chest pain, or difficulty speaking due to breathing difficulties, seek immediate medical assistance by **calling 911**.

For more information on air quality and respiratory health, refer to the Environmental Protection Agency (EPA) [Link](#)

When to Call 911 for Severe Allergic Reactions or Anaphylaxis:

Severe allergic reactions, also known as **anaphylaxis**, can be life-threatening and require immediate medical attention. **Call 911** or seek emergency medical help if you or someone else experiences:

- **Difficulty breathing or wheezing**
- **Swelling of the face, lips, tongue, or throat**
- **Rapid heartbeat or palpitations**
- **Dizziness or fainting**
- **Severe abdominal pain, nausea, or vomiting**
- **Confusion or loss of consciousness**

Administer epinephrine (EpiPen) if available and follow up with further medical treatment.

Mayo Clinic. (2022). Anaphylaxis: Symptoms & causes. Retrieved from [Link](#)



WANT TO GET INVOLVED?

Consider volunteering with us at the Kendall Park First Aid and Rescue Squad! Our team is comprised of dedicated individuals from various backgrounds, united by a shared commitment to providing quality Emergency Medical Services. Whether you're a healthcare professional, an engineer, a teacher, student, or a retiree, there's a place for you here. Join us in making a difference—responding swiftly to 911 calls, saving lives, and serving our neighbors in Kendall Park and beyond.

Visit our [website](#) to learn more about our application process.

Thank you for your support!!

