

# Stay Safe and Healthy All Summer

*[Announcer] This program is brought to you by the Centers for Disease Control and Prevention.*

[Chris] Hi kids! Welcome to CDC Kidtastics Radio! I'm Chris Kidtastic. Summer's a great time to have fun, but there are things you can do to stay safe and healthy *while* you're having fun.

[Karmen] If you go to a pool, don't swallow pool water, and keep pee, poop, and germs out of the water. To do this, shower with soap before you go in, take bathroom breaks every hour, wash your hands after using the bathroom, and don't swim if you have diarrhea. And remember, don't swim alone! Always swim with a buddy or someplace that has a lifeguard.

[Caydan] On really hot days, there are things you can do to keep the heat from making you sick. Don't wait until you're thirsty, drink a lot of water, and stay inside where it's air conditioned, if you can.

[Kaya] If you *are* outside, rest in the shade as much as possible, and wear lightweight, light-colored, loose-fitting clothing. Wear sunglasses and a hat with a big brim. Use sunscreen that is SPF 15 or higher and says "Broad Spectrum" or "UVA-UVB protection" on the label.

[Chris] If you're going out on a boat, *always* wear a life jacket. Ask a grown-up to check the local weather forecast before swimming or boating.

[Karmen] If you hit your head while playing, you could have a concussion, a brain injury caused by a bump or blow to the head. Signs that you might have a concussion include a headache, blurry vision, or balance problems. If you feel sick to your stomach or throw up, or if noise or light really bother you, these can also be signs of concussion.

[Chris] That's all the tips we have today. Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

*[Announcer] For more health information, go to [cdc.gov](http://cdc.gov) or call 1-800-CDC-INFO.*