Dear Parent/Guardians,

Summertime is here and a few more weeks of school. A few reminders of sunburn prevention and treatment.

- Limit sun exposure especially between the hours of 10 am and 2 pm.
- Wear protective clothing and use sunscreen.
- Babies younger than 6 months should be kept out of direct sunlight.
- Older children apply sunscreen liberally 30 minutes before outdoors and reapply at least every 2 hours.
- Use a sunscreen with a SPF of at least 30.
- Sunglasses.
- Drink plenty of water

If your child does get sunburn don’t put ice or butter on it. Use a cold compress or a pack of frozen vegetables. Over the counter pain reliever may also be helpful and 80% to 90% aloe Vera gels can lessen the pain.

Be Safe and enjoy the summer!

Looking Ahead

**KINDERGARTEN REQUIREMENTS**

**DPT**- Series of three plus a booster administered on or after 4th birthday.

**ORAL POLIO**- Series of three and one of the required dose must be administered on or after 4th birthday.

**Measles** vaccine- MMR series of two.

See you in September!

Mrs. Murphy R.N