

Trampolines

Trampolines can be dangerous; children can have bad head or neck injuries.

They should **not be used as** toys or exercise equipment.

If you cannot keep your child off the trampoline make sure:

he is at least 6 years old.

only one child uses the trampoline at a time.

flips or somersaults are not allowed.

safety netting is added.

exposed metal is padded.

Street safety

Teach your children how to safely cross a street as early as possible. Make sure they always look both ways for cars. Tell them to hold an adult's hand when crossing the street.



The elders speak:

Some Cree used to use
frog urine as insect
repellent.



CH-30

Version française disponible



SUN and Outdoor Protection



Conseil Cri de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay

Sun protection

Even dark-skinned people can get skin cancer.

Protect your child from the sun as much as possible:

Keep him in the shade

Dress him in a long sleeve shirt and pants

Use a sunhat

Use sunscreen on skin that is not covered

Offer lots of **water** to drink

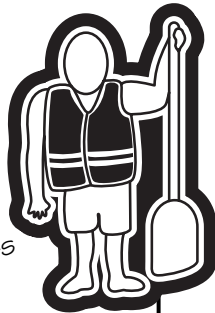
Protect him from the sun in the winter too – sun shining off the snow can cause bad sunburns



Boating

All babies, children and adults need to wear life jackets when boating.

Make sure the life jacket is the right size for you, or your child's weight.



Cold protection

To keep children warm in cold weather, dress them in:

Loose-fitting, layered, warm clothes

Boots with thick liners

Warm socks and mittens (moosehide works great!)

Extreme cold and strong winds can cause **frostbite**.

Your child may have frostbite if her skin is white, numb or blistered.

If you think she has frostbite here are the steps to take:

Bring her inside

Take off all cold, wet clothing

Warm her up with warm clothes, blankets, hot drinks

Be very gentle with frozen parts. You can put them in warm water, but **do not rub them**

Get her checked at the clinic as soon as possible.



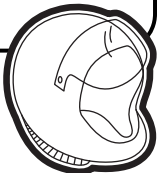
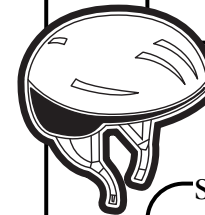
Insect bites

Choose bug spray by your child's age:

If your child is less than 6 months old: Use a bug spray without DEET (for example citronella).

If your child is between 6 months and 2 years old: Use a small amount of bug spray with 10% DEET or less, once a day. Do not use on hands or face.

If your child is between 2 and 12 years old: Use bug spray with 10% DEET or less, up to three times a day.



Bicycle and snowmobile helmets

Head injuries during bicycle accidents can be very serious, and head injuries are the number one cause of death in snowmobile accidents.

Tricycles are safest for children under 5 years old.

Children (and adults) need an approved helmet at all times.

Use ski or hockey helmets for sledding.

Use bicycle or hockey helmets (as well as elbow and knee pads) for roller-blading.

