



YOUTH HEALTH BULLETIN

JULY 2009

Hello Wild Cubs and Wild Cats,

I would like to thank all of my Wild Cat and Wild Cub friends who sent in a poem for the Wally Cat Spring Poetry Contest. The winner of the Wally Cat Poem Contest is Sarah F. Sarah got the most votes.

Sarah wins the Wally Cat Hooooooooooweel Award for best Poem.

Spring to me means:
The fresh dewdrops on the ground
in the morning when my bare feet
are running across them. Watching
a calf being born and when it takes its
first sip of milk. The honeybees buzzing
in my backyard, "Buzz! Buzz! Buzz!"
Bunnies hopping in the field, eating,
playing and having fun. The sunny and
rainy days. So much more I want to
say but then when I finished writing it all,
spring would have gone away. – Sarah F.

Wally cat is planning out his summer and
plans on having some fun in the sun and
a Hooooooooooweeling good time. What do
you have planned for your summer?

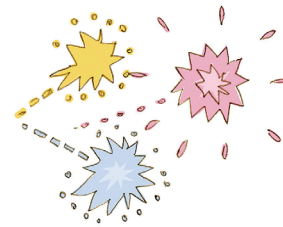
Email me at wally.cat@uky.edu and let me
know.

Wally Cat 





THIS MONTH'S TOPIC: FIREWORK SAFETY



July is a time for warm weather, cookouts, family reunions, and celebrating the Fourth of July. Make sure both you and your family celebrate safely.

When you mention the Fourth of July, fireworks naturally come to mind. Fireworks are fun to watch but can be dangerous if not handled properly. Fireworks can cause burns and eye injuries to children and adults. As always, Wally Cat wants you to be safe!

Fireworks Safety Tips:

- Children under 12 years old should not handle fireworks. This includes sparklers.
- Never play with fireworks without an adult watching. This includes playing with sparklers.
- Sparklers can become very hot, so be careful with them.
- Always keep a bucket of water nearby. Soak all used fireworks or duds in water for at least 10 minutes before placing them in the trash.
- Never make your own fireworks.

WORD SEARCH PUZZLE

COLORS, FIREWORKS, NOISEMAKERS, POP, SAFETY, SMOKE, SPARKLERS, SPINNERS

S	T	S	R	E	N	N	I	P	S	S
M	R	V	R	G	I	P	H	K	Q	M
C	D	E	L	E	H	M	R	V	S	R
P	O	P	K	X	L	O	V	S	M	V
G	O	L	K	A	W	K	I	H	O	Y
L	Z	P	O	E	M	C	R	W	K	R
G	E	Z	R	R	O	E	V	A	E	F
X	C	I	P	P	S	V	S	S	P	L
C	F	H	F	M	Q	V	E	I	D	S
R	A	E	S	A	F	E	T	Y	O	E
P	Q	S	Q	I	D	H	U	X	O	N

- Fireworks can be unpredictable. Never point or throw them at others.
 - ▶ Fireworks may backfire or shoot in the wrong direction.
- Keep all fireworks away from brush, leaves, homes, and anything that can catch on fire quickly.
- Light only one firework at a time and NEVER re-light a dud (a firework that did not work the first time).
- Never carry fireworks in your pocket and don't pick up pieces of fireworks.
 - ▶ Some may still be lit and can suddenly explode and burn you.
- Immediately seek medical attention if injured.
 - ▶ Tell an adult right away.
 - ▶ Do not touch or rub your eyes.
 - ▶ Do not rinse your eyes with water or put ointment on them.
 - ▶ If you are burned, remove clothing from the area that is burned and run cool, not cold, water on the area.
 - ▶ Tell an adult to take you to the nearest emergency room or medical facility.
- Protect your pets. Loud noises can frighten or stress animals.
- Avoid using fireworks near animals.

SOURCES:

- http://kidshealth.org/parent/firstaid_safe/outdoor/fireworks.html
- http://www.usfa.dhs.gov/citizens/all_citizens/home_fire_prev/holiday-seasonal/summer.shtm
- <http://www.usfa.dhs.gov/downloads/pdf/tfrs/v5i4.pdf>
- http://pediatrics.about.com/od/safety/a/0607_fireworks.htm
- http://firstaid.about.com/od/injuriesathome/ht/06_fireworks.htm
- <http://www.lrc.state.ky.us/krs/227-00/702.pdf>

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