

# IT'S SUMMER TIME!!

## What parents need to know to keep kids healthy in the summer

### PRIMARY AMEBIC MENINGOENCEPHALITIS (PAM)

- Primarily affects the brain and nerves
- Rare, rapidly fatal disease
- First symptoms are headache, fever, or vomiting
- Found when water levels are low and water temperature is high
- Mostly occurs in children
- Infection due to water going up nose

### PREVENTION TIPS FOR PAM

- DO hold nose shut or use nose clips when jumping, diving, or putting head under water
- DO NOT dig or stir soil in freshwater areas

### OTHER SUMMER CAMP AND TRAVEL RISKS

- DO make sure your child is up to date on these vaccines:
  - hepatitis A
  - hepatitis B
  - influenza
  - meningococcal disease
  - pneumococcal disease
  - measles
  - mumps
  - rubella
  - pertussis
  - chickenpox (varicella)
  - tetanus

### OTHER WATERBORNE DISEASES

- Infection due to drinking, swallowing, or breathing in contaminated water, mists, and aerosols
- Common symptom is diarrhea

### PREVENTION TIPS FOR WATERBORNE DISEASES

- DO shower and wash hands before and after getting in water
- DO NOT swim after it rains in lakes, rivers, or streams
- DO NOT swallow recreational water
- DO NOT pee or poop in water
- DO NOT swim for two weeks after last diarrhea episode

- Foodborne diseases cause diarrhea, fever, cramps, vomiting, and nausea

### PREVENTION TIPS FOR FOODBORNE DISEASES

- DO wash fruit and vegetables
- DO cook food thoroughly
- DO freeze and refrigerate food promptly
- DO wash hands before and after touching raw food
- DO clean and disinfect any dirty surfaces
- DO keep raw foods separate from prepared foods
- DO NOT prepare food if you're sick