



'Killer' of kids in summer

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In summer, the mother needs vigilance with children below five patients.

1. Dehydration hot summer, hot weather makes the body susceptible to dehydration, especially because of hyperactive children, indulging in play should produce more sweating more vulnerable to water shortages. Light and medium can cause the body to fatigue, drowsiness, urinating less, constipation ... Weight is an increased risk of throat infections, respiratory air through the nose is not wet, irritating the lungs and sensitive to smoke, dust, chemicals, allergic rhinitis ... So adults should actively provide water for children. Each day children should drink about 50 - 60ml of water per kg of body weight.



2. Food Poisoning hot weather very easy to make food is rancid, infection, infection pathogens (such as bacterial flagellum, cholera...). While the child's digestive tract is not fully developed so as to receive the rancid food, infection ... will adversely affect health, may experience more severe is the graphics. As a result, the cook young, you try to buy fresh food. If the frozen map, please pay attention to the shelf life of food listed on the packaging. Absolutely do not buy the food taste extraordinary.

3. Mosquitoes in summer 'peak' against mosquito bites for the whole family, especially children. Usually, the skin is very thin children are mosquito bites so vulnerable deep and difficult self-healing, easy to create deep scars. If not treated properly and promptly, scar can survive 1-2 years or even permanently. Also, when the mosquito bites, children also face the risk of many serious diseases such as dengue fever, encephalitis. "Use mosquito spray, to prevent insects 'soldiers' baby mosquito attack, special especially in the early morning or early evening," said **Dr. Rebecca Baxt - dermatologist** recommended. Especially when the mosquito bites found that strange phenomenon of swelling, so take her to a pediatrician for advice promptly and avoid risks pity.

4. Rash, prickly heat rash, prickly heat occurs when sweat stagnant inside the sweat glands. "Spirit drug to treat redness and cooling Heat rash is a skin for the baby to the sweat glands are clear," said Dr. Joshua Zeichner. So, let's create an environment for your baby fun, activities and cool selection of clothing sweat absorbent material.

5. Drowning (drowning) children with drowning rates are highest in summer seasons. The reason is that hot summer parents tend to baby swimming yet or neglect, off guard. Do parents need to know, not children who can swim in the water. The following children should not participate in swimming activities: Child bronchial asthma: also known as asthma, exposure to cold water sources are vulnerable to attacks of wheezing, breathlessness, sometimes dangerous to life. Children suffering from chronic respiratory diseases: such as allergic rhinitis, nasal discharge, chronic sinusitis ... when swimming will make more serious disease. Children with atopic dermatitis: chemical was diluted in water of the pool causes many adverse effects on health.