

**Dr. Niru Prasad, M.D., F.A.A.P., F.A.C.E.P.
Department of Urgent Care Center**

**St. Joseph Mercy Hospital, Pontiac
Department of Emergency Medicine
West Bloomfield Center**

Henry Ford Hospital, Detroit Royal Oak Pediatrics, Michigan

On behalf of the MAPI Editorial Board, I would like to thank all our MAPI members and their spouses for their active participation with MAPI activities. We wish all of you a very happy and safe summer. As you know, during the summer months there are more accidents, injuries and heat related illnesses that could easily be prevented by taking safety precautions. We have added a health column to our MAPI Newsletter where periodically we will talk about safety precaution tips against injuries, sports, accidents and major health illnesses. During this issue of the Mapigram, I have included the guidelines to follow in order to protect ourselves against heat related illnesses as well as sports related injuries and prevention. A: There are certain precautions children should observe before participating with sports.

1. Dress appropriately for the particular sport. For football, players should wear helmets and shoulder pads as well as knee and elbow pads. Wear facequards during wrestling and football. Always wear comfortable shoes. 2. Good nutrition is essential when participating in any sports activity. Eat well balanced meals with supplemental vitamins and iron and drink plenty of fluids including balanced electrolyte solutions. 3. Stretching to loosen up muscles is important before starting any sports activity. 4. Be aware of the weather changes. Wear light, loose and layered clothing and in case of lightning and thunderstorms, seek shelter immediately. 5. Maintain the right posture while performing daily tasks such as lifting, pushing or pulling. Avoid quick jerky motions. What to do if an injury occurs at sports, remember RICE: R - Rest to the involved limb to prevent further damage. I - Ice applied to the involved area will reduce swelling. C - Crutches for suspected bone injuries. E - Elevation of the injured extremities will maintain the blood circulation in the body. Safety precaution tips while handling fireworks during the Independence Day celebration:

1. Avoid handling wet fireworks since water might degrade the explosive chemicals inside. 2. Avoid fireworks that are quite old or are leaking powder. 3. Use sparklers and safe fireworks. 4. Have a bucket of water ready when you are going to start the fireworks. 5. Be sure other people are out of range or stand a safe distance away while lighting fireworks. 6. Keep the unused fireworks safely our of reach of children. 7. Always check and read the label on fireworks before lighting. 8. The fireworks debris should be properly disposed of in safe plastic bags.

