

Washington State Family to Family Health Information Center



Newsletter #5 – July 2021

Summer Care Tips

The summer has its own dangers in Washington, the most prevalent of which are heat and wildfires. Here are some reminders about keeping yourself and your family healthy over the summer:

- Stay hydrated. While it is true that it takes a couple more calories to warm up cold water in your system, it is more than offset by the cooling sensation of ice-cold water.
- Think about investing in an air purifier, which could help indoor air quality during wildfire season.
- Have an evacuation route and go-bag ready when temperatures get too hot or there is a threat of a wildfire near you. Visit our [Emergency Preparation](#) page for more information.
- Find your closest cooling center before you need it.
- Fans can be incredibly useful, but they only work by circulating air. If they do not have any cool air to pull from, there effect can be minimal, and in temperatures over 90 degrees, they can actually warm you up instead of cool you down.
- Heat exhaustion and heat stroke are real dangers, with symptoms of both including feeling nauseous and woozy. For both conditions, ensure that an individual is taken to a cool place. If the body temperature reaches above 103, this is heat stroke, and emergency services are needed immediately.
- When going out during the summer, even for short periods, wear sunscreen. For light-skinned individuals, wear a minimum of SPF 30 when going out, and a minimum of SPF 50 when participating in outdoor activities. For dark-skinned individuals, wear a minimum of SPF 15 when going out, and SFP 30 when participating in outdoor activities.
- Several medications, including many anti-psychotics, can raise body temperature, making individuals on those medications more prone to dehydration, heat exhaustion, and heat stroke.

July 2021 Calendar

All events are free and on-line

[An Introduction to the Office of the Education Ombuds and Resources for Parental Advocacy](#) – July 6th

[Sharing Down Syndrome Pierce County: Parents Night In](#) – July 9th

[Summer 2021 Internet Safety Class](#) – July 13th

[Early Nutrition for Infants: Breastfeeding](#) – July 13th

[Washington Hands & Voices What's Up Mondays](#) – July 19th

[The Arc of King County's Summer Social: Sing and Dance into Summer](#) – July 24th

Key Findings from the 2021 Kids Count Data Book

In June, Annie E. Casey Foundation's 2021 Kids Count Data Book was released on their [website](#). The report reviews various factors that play into the overall health of children across the nation, and rates states accordingly. Washington ranks 14th in overall child well-being, slightly higher than our neighboring states Idaho (16) and Oregon (25). The high point in the ratings was in a state-to-state comparison of health, which Washington ranked fifth. Ratings in economic well-being and education have improved in the last decade, but are ranked average at 19th and 27th, respectively. The domains studied in the report showed large differences in health, economic well-being, education, and family along demographic lines, with African-Americans, Native peoples, and Latinx families and individuals doing more poorly than white, Asian, and Pacific Islander populations.