



# YOUTH HEALTH BULLETIN



APRIL 2017

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC:

# SPRING BREAK TIME!



**S**pring break is a time to get out of the usual day-to-day of school. Whether you are travelling far or staying close to home, Wally Cat wants to make sure you have a good time and that you are safe.

If you are getting away for the break, here are some things to think about:

### Travel safely

It is very important to buckle your safety belt when you are in the car, even if it is only for travelling a very short distance. Buckling up is a good habit. If you are travelling a longer distance, make sure that the seatbelt stays on the whole time and in the proper place. That means one strap across your lap and another across your chest.

If you are under 13 years old, you should ride in the backseat. This is the safest place for you to be.

Continued on the back



# If you will be biking, do not forget your helmet! It is a very important part of staying safe while riding your bike.

→ Continued from page 1

## Be safe outside

If you and your family are going to be outside for some time, wearing sunscreen is important so that you do not get a sunburn. Having a sunburn hurts and may make it hard for you to enjoy the rest of your trip. It is especially important if you are going somewhere warm and sunny.

If you will be playing on a trampoline, be sure to stay safe. Only one person should be on the trampoline at a time. When there is more than one person on the trampoline, there is a higher chance that you could get hurt, including breaking bones. Also, remember that if you are not trained like a gymnast you should not try to do flips or fancy jumps.

If you will be biking, do not forget your helmet! It is a very important part of staying safe while riding your bike. Make sure that you snap the chin strap as



well. You should also wear a helmet if you are on a skateboard or playing other sports that use helmets.

## Eat healthy foods

It is easy when you are not in your usual day-to-day routine to eat foods that are quick and not as healthy. Try to remember to eat your fruits and veggies, even when you are on the go.

Wally Cat knows that spring break can be a lot of fun, but make sure that you are being safe while having a good time.

**SOURCE:**  
<http://www.childrenshospital.vanderbilt.org>

## Can you unscramble these words?

AEETSBLT: \_\_\_\_\_

CUSEENRSN: \_\_\_\_\_

MHLETE: \_\_\_\_\_

FTUSIR NDA EGENISV: \_\_\_\_\_

ANSWERS: SEATBELT, SUNSCREEN, HELMET, FRUITS AND VEGGIES

## YOUTH HEALTH BULLETIN

**Written by:** Nicole Peritore  
**Edited by:** Connee Wheeler  
**Designed by:** Rusty Manseau  
**Cartoon illustrations by:**  
Chris Ware (© University  
of Kentucky School of Human  
Environmental Sciences)

