

Mayo Clinic Minute: Keep kids safe during summer play

Summer vacation for kids is well underway. Finding activities to keep the kids busy and destinations to visit can be on many parents' list. There is one place Mayo Clinic's Dr. Steven Maher hopes they don't have to visit — and that's the emergency medicine department.

From wearing bike helmets to keeping kids hydrated, Dr. Maher says there are a few things you can do to help keep kids safe during summer play.

Video	Audio
	Learning to ride a bike (nat sound) — it's something many kids look forward to.
	Ending up in the emergency department is not.
Steven Maher, M.D. Emergency Medicine Mayo Clinic	"Bicycle injuries are commonly seen among children. And one of our key preventive measures for that are bicycle helmets."
	Wearing a well-fitted helmet every time is important. And not just the kids, everyone can reduce the risk of head and brain injuries in the event of a crash by wearing a bike helmet.
	Consider sun safety as well, says Dr. Stephen Maher. Put on the sunscreen.
	"Kids also don't like to put on sunblock, which is extremely important."
	And don't forget to keep the water flowing.
	"They should drink lots of water, plenty of it. And once they get into the second or third bottle of water, they can start adding in something like an electrolyte drink just to kind of keep the electrolytes up as well because you lose salts and water."
	For the Mayo Clinic News Network, I'm Joel Streed.

Nearly 1,000 bicyclists die and over 130,000 are injured in crashes that happen on roads in the U.S. every year. People ages 10 to 24 account for nearly one-third of all bicycle-

related injuries seen in emergency departments, [according](#) to the Centers for Disease Control and Prevention.