

## Kia ora Social Media Managers,

Summer is here, bringing new opportunities to keep our little ones safe and healthy.

This month, we focus on key summer health topics: **sunburn, gastro, school sores, and water safety.**

Each topic is developed by an expert team that includes health professionals who specialise in the area. The posts below link to detailed information on the [KidsHealth](#) website making your posts quick, reliable and easy to share.

High-resolution images are available to enhance your posts at this [Dropbox link](#).

# Keeping tamariki sun-safe this summer

Sunburn can happen quickly under the harsh New Zealand sun. Remind whānau to use sunscreen, wear hats, and seek shade during peak UV hours.

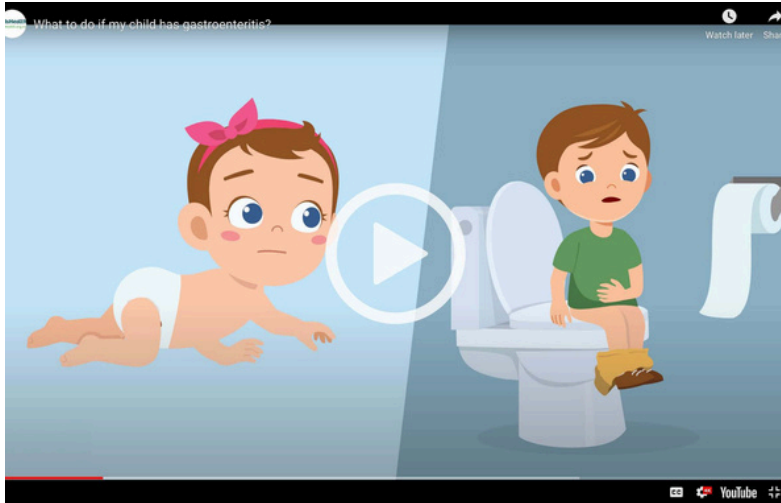
Severe sunburn can cause a lot of pain and make tamariki unwell. Preventing sunburn is the key.

👉 Learn more about protecting tamariki from sunburn here - [KidsHealth](#)



# Gastroenteritis: Managing summer bugs

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Gastroenteritis (gastro) is a bowel infection that is common in tamariki.

Symptoms include diarrhoea, vomiting and sometimes fever.

If your child has gastro, they need to drink plenty of fluids. Give small amounts of fluid often. And encourage regular handwashing to help prevent the spread.

👉 Watch an animation and learn more about gastro and how to manage it here - [KidsHealth](#)

## School sores: Get them checked

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School sores, also known as impetigo, is a skin infection that is more common in the hotter months.

School sores need treatment to stop them from getting bigger and to prevent them from spreading.

If you think your child has school sores, see a health professional.

👉 Find out more about school sores here - [KidsHealth](#)



# Water safety: keeping safe while having fun

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With tamariki spending more time in and around water over summer, water safety is more important than ever.

Remind whānau to always supervise tamariki near water, teach them to swim, and know basic water rescue skills.

A few precautions can save lives.

👉 Explore tips for water safety here - [KidsHealth](#)

Thank you for supporting the health and wellbeing of tamariki across Aotearoa. We hope this newsletter helps you to easily share safe and reliable content this summer.

Ngā mihi,

**The KidsHealth Team**