



Fireworks and Eye Safety

Prevent Injuries, Celebrate Safely



Summer celebrations often include fireworks. While fireworks can be a wonder to look at, they bring along a hefty safety warning. Thousands of people are injured each year from fireworks, often resulting in permanent damage. As families and individuals plan to celebrate, keep safety in mind with tips from the American Academy of Ophthalmology.

For those who attend professional fireworks displays and/or live in communities surrounding the shows:

- Respect safety barriers at fireworks shows and view fireworks from at least 500 feet away.
- Do not touch unexploded fireworks; instead, immediately contact local fire or police departments to help.

For those who decide to purchase consumer fireworks:

- Never let young children play with fireworks of any type, even sparklers. Sparklers burn at temperatures of about 2,000 degrees - hot enough to melt some metals*
- People who handle fireworks should always wear protective eyewear that meets the parameters set by the American National Standards Institute and ensure that all bystanders are also wearing eye protection.
- Never try to make your own fireworks.
- Always use fireworks outside and have a bucket of water and a hose nearby in case of accidents.
- Steer clear of others setting off fireworks. They can backfire or shoot off in the wrong direction
- Leave the lighting of professional-grade fireworks to trained pyrotechnicians.

In the event of an eye emergency, seek medical attention immediately.



- Do not apply pressure to the eye.
- Do not remove any objects that are stuck in the eye.
 - Do not rub the eye.
 - Do not rinse the eye.
- Do not apply ointments or take any blood-thinning pain medications such as aspirin or ibuprofen.



Enjoy your celebrations safely this summer, put safety first!

For more safety tips and eye health information, please visit the American Academy of Ophthalmology at www.aaopt.org.

Fireworks Safety Tips were derived from the following:

<https://www.aaopt.org/eye-health/tips-prevention/injuries-fireworks-eye-safety>

*Consumer Product Safety Commission

<https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Fireworks>



2018 marks 50 years of America's 911 Emergency services.

Featured Health Alert

Calling 911

An emergency is any situation that requires immediate assistance from the police, fire department or ambulance.

Examples include:

- A fire
- A crime, especially if in progress
- A car crash, especially if someone is injured
- A medical emergency, especially for symptoms that require immediate medical attention

If you're not sure whether the situation is a true emergency, officials recommend calling 911 and letting the call-taker determine whether you need

When you call 911, be prepared to answer the call-taker's questions, which may include:

- The location of the emergency, including the street address
- The phone number you are calling from
- The nature of the emergency
- Details about the emergency

Finally, if you dial 911 by mistake when no emergency exists, do not hang up. Instead, explain to the dispatcher what happened.

For more health and safety alerts, please visit our website at www.dbhds.virginia.gov




Sun Safety

While enjoying the warm summer days, don't forget to protect your skin. The sun's UV rays can cause damage in as little as 15 minutes. Not only can prolonged sun exposure be dangerous but when combined with certain medications, the possibility of skin damage is increased.

- Seek shade when possible
- Wear appropriate clothing such as long sleeves if possible, or tightly woven shirts.
- Sunglasses and hats provide eye protection
- Apply and reapply sunscreen as needed or as prescribed by a doctor.

Summer and Sun Safety Tips can be found on the CDC's website at www.cdc.com



Staff Training and Provider Development

The Office of Provider Development focuses on developing and sustaining a qualified community of providers in Virginia so that people who have developmental disabilities and their families have choice and access to options that meet their needs.

July Training Sessions

<http://dbhds.virginia.gov/developmental-services/provider-development>

