

Caring for
kids the
Premier way!



Appointments are
available immediately!
Call **(302) 836-4440**
today.

Hours

Monday –Thursday
8:30AM to 8PM

Friday 8:30 AM to 4PM

Saturday 8:30AM to 1PM

Closed
Sunday

**We will be closed for
Memorial Day Weekend
Sat 5/28 & Mon 5/30
4th of July Weekend
Sat 7/2 & Mon 7/4**

The deal with DEET

DEET is found in bug
sprays. Avoid spraying
near the eyes and
mouth. Spray in a well-
ventilated area.
Concentrations of 10%
to 30% DEET are safe
for children. Wash
hands after application.

Premier Pediatrics

2600 Glasgow Ave.
Suite 213
Newark, DE 19702

How to Find Us

We are located in the
Glasgow Medical Building
behind Peoples Plaza,
across the street from
Hodgson Vocational-
Technical School. Our office
is on the second floor inside
Entrance 6.

Visit our website

www.Premier4Kids.com
for more information
including other online
resources.

Preparing for Summer Camp

Whether your child is spending their summer at day camp or sleep-away camp, he or she will probably be spending lots of time outside. Be sure to pack:

- Plenty of **sunscreen** and a **hat** to protect from the sun's damaging UV rays. Always pack a spare bottle of sunscreen! You do not want to run out.

- **Bug spray**. This can deter mosquitos and prevent their itchy bites. It also keeps away ticks which can spread disease. Be sure to **read the instructions** on the spray you purchased! Some are OK to put directly on your skin while other sprays are to be applied on clothing only.

- Lots of **layers** of clothing. While summer days are warm, the nights can get chilly. Don't neglect packing a long sleeve shirt or a sweatshirt, especially

for overnight camp-goers.

- **Appropriate footwear**. Flimsy flip flops are not ideal because they are slippery, exposing the entire foot. **Sneakers** are always the best option for outdoor exploration. Don't forget water sandals or **water shoes** when lakes and creeks are involved!

- A **raincoat**. Summer storms are common and no one wants to be wet and cold when there is no access to a washer and dryer. This can be super light and fold up very small to take up hardly any space and keep your child happy and dry.

- A **mosquito net** for overnight camp-goers. This will protect your child from itchy bites while he sleeps.



Sunscreen and Sunburns

Summer is fast approaching! Before heading outside, be sure to protect your family from the sun's

damaging UV rays. **UV rays** are the invisible part of the sun's rays and without the proper protection, can burn the skin.

- **Cover up** with as much clothing as is comfortable to minimize exposure
- Wide-brimmed **hats** protect your face and your neck
- Apply sunscreen that **is at least SPF 15** at least 15 minutes before going outside
- **Reapply** sunscreen *at least* every 2 hours and *always* after swimming or working up a sweat (yes, even if it says it's waterproof!)
- **Spend time in the shade** when you can: the sun is strongest between 10AM and 4PM

Sometimes, despite our best efforts, we can still end up with the

dreaded **sunburn**. The most important thing to do after you have sunburn is to **stay out of the sun!** This prevents further damage and will help your body heal itself. To relieve the discomfort, you can take a cool bath; apply aloe or unscented lotion; take acetaminophen or ibuprofen. If you or your child has blisters, chills, or a fever from sun exposure, give us a call. We would be happy to help you!



Sincerely,

Premier Pediatrics

