

Oakley Knows..

June 19, 2019

This is my column to answer questions you may have for me.

Remember, I can't answer specific medical questions, with my pedigree they won't let me into nursing school.

To send me a question you can email me at: Oakley.premierhealth@gmail.com or you can drop your question off at the office.



I'm so excited to check my email everyday and get all sorts of questions from my fans! Keep sending me questions.

Updates from the office: I am really sad that Katie has left, there goes my turkey snacks 😞 This is going to have a few changes in our daily routine.

This is for medical only!

Monday: 8:00 a.m. to 5:00 p.m.

Tuesday: 7:00 a.m. to 6:00 p.m.

Wednesday: 8:00 to 5:00 p.m.

Thursday 7:00 a.m. to 6:00 p.m.

Friday 8:00 to 6:00 p.m.

We have also increased our "quick sick" visits to about 2 ½ hours per day.



That is all for this week, make sure and send me your questions to Oakley.premierhealth@gmail.com, or drop them off at the office.

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I have been asked to dedicate the rest of my column to pool safety. I happen to be an expert in this area, since I have been swimming since I was 6 weeks old.



Swimming is one of the most popular sports activities in the United States. Just 2.5 hours of physical activity per week, including water-based activity, has health benefits, no matter our age.

Everyone should know the basics of swimming (floating, moving through the water) and cardiopulmonary resuscitation (CPR).

When kids are in or near water (including bathtubs), closely supervise them at all times. Because drowning happens quickly and quietly, adults watching kids in or near water should avoid distracting activities like playing cards, reading books, talking on the phone, and using alcohol or drugs.

10 Tips for Kids Swimming Pool safety

- ▶ Never leave children unattended, not even if they can swim, not even for a few moments.
- ▶ Use a buddy system and maintain eye contact.
- ▶ Keep pool area locked and secure when not in use.
- ▶ Swim only in supervised and approved areas
- ▶ Keep rescue equipment near the pool.
- ▶ Enroll children in swim lessons.
- ▶ Enforce water safety rules. Especially no running, pushing or dunking.
- ▶ Take all toys out of the pool when not in use so that children will not be tempted to go in after them.
- ▶ Learn CPR and other water rescue techniques.
- ▶ Never falsely claim to need help in the water.

