Beware of Bugs

When you’re out on the trail, whether hiking, camping, or hunting, protect yourself and your children from mosquitoes and other bugs by using insect/tick repellent.

- Young ticks are so small that they can be difficult to see, but both young and adult ticks hungrily look to animals and sometimes people to bite.
- Check your clothes and body for ticks daily.
- If you find a tick, carefully remove it with tweezers.
- Use repellent containing 20% DEET.

The ticks that transmit Lyme Disease are most active in May, June, and July, but check for ticks in all warm months to protect yourself and your children against other tick-borne diseases.

- Prime mosquito-biting hours are usually from dusk to dawn, but ticks are out at all times.
- Repel mosquitoes with products containing DEET, picaridin, or oil of lemon eucalyptus.

Bats are fun to watch as they flutter around at dusk. In many camp situations, the mere presence or sighting of bats is common and normal. Sometimes, bats may be infected with rabies and may pose a risk for exposure to humans.

Remind children to never touch a bat. If you are bitten by a bat, wash the affected area thoroughly and get medical advice immediately. Whenever possible, the bat should be captured and sent to a laboratory for rabies testing.

In The Great Outdoors

Summer is here and that means it’s a good time to go outside and enjoy the weather.

Help your kids stay safe and healthy while they enjoy summer fun!

Teach them simple health tips at home and at play.

Keep Kids Safe This Summer

Just because a stream’s water looks clear, it doesn’t mean it’s safe to drink. Giardia and Cryptosporidium are two parasites that you can’t see, but they can make you sick.

Always treat or filter water to make it safe to drink.
Fun in the Sun

- **Babies under 6 months**: The two main recommendations to prevent sunburn are to avoid sun exposure, and to dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck. A minimal amount of sunscreen with at least 15 SPF to small areas, such as the infant’s face, neck and hands. If an infant gets sunburn, apply cool compresses to the affected area.

- **For All Other Children**: Cover-up! Wear a hat with a 3” brim or a bill facing forward, sunglasses that provide 97%-100% protection against both UVA and UVB rays, and cotton clothing with a tight weave.

  - Limit sun exposure during the peak intensity hours - between Noon and 4 pm.
  - On both sunny and cloudy days use a sunscreen with an SPF 15 or greater.
  - Reapply sunscreen every two hours, or after swimming or sweating.
  - Use extra caution near water and sand as they reflect UV rays and may result in sunburn more quickly.

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**Heat Stress in Exercising Children**

- The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.
- Before prolonged physical activity, children should be well-hydrated and should not feel thirsty. For the hour of exercise, water alone can be used. Kids should have water or a sports drink always available and every 20 minutes while exercising in the heat.
- Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat.
- Children should seek cooler environments if they feel dizzy, lightheaded or nauseous.

**Boating Safety**

Recreational boating can be a wonderful way to spend time with family and friends. And making safety a priority can ensure that boating stays fun.

- Children should wear life jackets at all times when on boats or near bodies of water.
- Blow-up water wings, toys, rafts and air mattresses should not be used as life jackets or personal flotation devices.
- Adolescents and adults should be warned of the dangers of boating when under the influence of alcohol or drugs, and even some prescriptions medications.

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**Pool Safety**

- Never leave children alone in or near the pool, even for a moment.
- Avoid inflatable swimming aids such as “floaties.” They are not a substitute for approved life vests and give children and parents a false sense of security.
- Children ages 1 to 4 may be at a lower risk of drowning if they have had some formal swimming instruction.
- Avoid entrapment: Suction from a pool drain can trap a swimmer underwater. Do not use a pool if there are broken or missing drain covers.
- Large, inflatable, above-ground pools have become increasingly popular for backyard use. Children may fall into the pool if they lean against the soft side of an inflatable pool.
- Share safety instructions with family and friends.

**Open Water Swimming**

- Never swim alone. Even good swimmers need buddies!
- Make sure your child knows never to dive into water except when permitted by an adult who knows the depth of the water and who has checked for underwater objects.
- Never let your child swim in canals or any fast moving water.