



JOHNSON COUNTY HEALTH DEPARTMENT

dedicated to the prevention of disease and promotion of wellness for our community.



Summer Prevention Tips

Camping, hiking, and playing outdoors are fun summer activities, but don't forget about what you can do to prevent injury and disease while enjoying the warm weather!

Prevent tick bites and reduce your risk of tick-borne disease.

Ticks live in moist/humid environments, particularly in or near wooded or grassy areas. You may come into contact with ticks during outdoor activities around your home or when walking through leaf litter or shrubs.

- **Use a repellent with DEET** (on skin/clothing) **or permethrin** (on clothing) and wear long sleeves, long pants and socks. Repellents containing 20 percent or more DEET can be applied to the skin, & can protect up to several hours. Always follow product instructions!
- **Wear light-colored clothing**, which allows you to see ticks crawling on your clothing.
- **Tuck your pant legs into your socks** so that ticks cannot crawl up inside of your pant legs. Some ticks can crawl down into shoes and are small enough to crawl through most socks.
- **Check your (and your child's) body for ticks** after being outdoors, even in your own yard. Use a hand-held or full-length mirror to view all parts of your body and remove any tick you find.
- **Check your clothing and pets for ticks.** Both should be examined carefully, and any ticks that are found should be removed. Placing clothes into a dryer on high heat effectively kills ticks.
- **Remove an attached tick as soon as you notice it.** Watch for signs of illness such as rash or fever, and see a health care provider if these develop.

Wear your sunscreen.

For maximum effectiveness, apply sunscreen 20 to 30 minutes before going outside.

Be generous in the amount you use and use a product with a sun protection factor (SPF) of 15 or higher. For best results, most sunscreens need to be reapplied every two hours and immediately after swimming or sweating heavily. Sunscreen usually rubs off when you towel yourself dry. Be sure you've got yourself covered every time you go out. Wear a hat and sunglasses if possible.

Stay hydrated-bring a water bottle.

The human body needs fluids on a regular basis. Children and adults shouldn't wait until they feel thirsty to drink water. Encourage kids to drink plenty of non-carbonated, sugar-free fluids throughout the day.

Avoid wild animals.

Animals can carry diseases that are dangerous to people. Encourage kids to enjoy watching them from a safe distance in their natural surroundings.