HealthReach

JUNE 2018

Stay Safe Outdoors!

June 2nd, 2018 is National Trails Day!

When enjoying outdoor activities such as hiking with your family this summer, it is important to keep in mind some safety tips...

Be Prepared

- ☑ Bring healthy snacks and plenty of water
- ☑ Wear layers to protect against sun, bugs, and weather
- ☑ Protect against UV rays with a hat, a lightweight long-sleeve shirt, and sunscreen (at least SPF 30)

Avoid Ticks

- ✓ Wear long-sleeve shirts and long pants
- ✓ Use insect repellent with at least 30% DEET
- ☑ Check yourself, children, and pets for ticks within two hours of leaving the trail

When hiking with children...

- ☑ Choose short, kid-friendly hikes
- ☑ Provide children with a safety whistle in case they get separated

Resources: https://americanhiking.org/national-trails-day/

https://americanhiking.org/resources/hiking-with-kids/

https://americanhiking.org/resources/ticks/

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