



2024

FUN IN THE SUN GUIDE!

THE ULTIMATE GUIDE TO SUMMER SAFETY



Public Health
Prevent. Promote. Protect.

Tioga County

SAFE SUMMER 2024!

SPENDING TIME OUTSIDE IS GREAT FOR OUR HEALTH!

- Encourages exercise
- Reduces stress
- Increases vitamin D levels

Let's go outside

However, there are certain precautions we need to take to make sure spending time outside doesn't harm our health too! Skin cancer, tickborne illness, and injuries are several examples of harmful things that can happen when we don't protect our health while outdoors.

Follow the tips provided in this guide for a safe & healthy summer season!

Physical Activity Recommendations for Children

Children Ages 3-5 years:

- Be active throughout the day for growth and development
- Encourage children to be active when they play



Children & Adolescents Ages 6-17 years:

- **60 minutes or more** of moderate to intense physical activity each day

Health Benefits of Exercise

Reduces Risk of Depression.

Improves Heart & Lung Health.

Builds Strong Muscles.

Improves Attention & Memory.

Strengthens Bones.

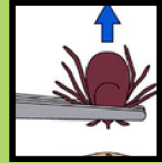
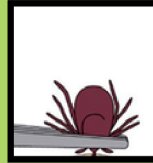
AND MORE!

TICKBORNE ILLNESS

Ticks can carry and transmit many serious diseases including Lyme disease, anaplasmosis, babesiosis, and more! Common symptoms of tickborne illnesses include a rash, joint pain, and flu-like symptoms.

How to Remove a Tick:

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol, iodine scrub, or soap and water.
4. Never crush a tick with your fingers. Dispose of the tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.



Tick Tips:

- Wear long sleeves and repellent when walking in woods and fields.
- Avoided tall grass, leaf litter, and woody/brushy areas.
- Check for ticks daily.
- Shower after being outdoors.
- Contact your doctor if you develop any symptoms of tickborne illness (rash, joint pain, etc.) after being bitten by a tick.

WHERE TO CHECK FOR TICKS!

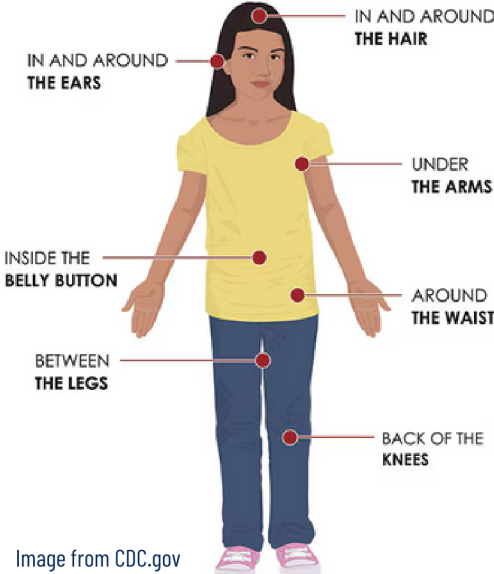


Image from CDC.gov

Scan for CDC's Tick Bite Bot!



An interactive tool developed by the CDC to assist people in removing attached ticks and seeking health care after a tick bite.

SUN SAFETY

SKIN CANCER IS THE MOST COMMON CANCER IN THE UNITED STATES!

Too much time spent in the sun can cause skin cancer.

Stay Safe in the Sun!

Reminders:

- You can still get burnt on cool, cloudy days!
- It's important to be sun safe year round!
- The sun's rays tend to be strongest from 10am-4pm!

WEAR A HAT & SUNGLASSES



Wide-brimmed hats offer the most sun protection!



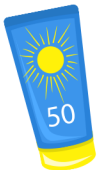
SEEK SHADE

Stay in shaded areas!
Ex: Under an umbrella or tree.



CLOTHING

When possible, wear long-sleeved shirts and pants.



APPLY SUNSCREEN

Sunscreen Tips:

- Use sunscreen with SPF of 15 or higher.
- Put a thick layer on all areas of exposed skin.
- Get help for hard to reach places, like your back.
- Reapply sunscreen every 2 hours and after swimming, sweating, or toweling off.
- Check the sunscreen's expiration date.

BEAT THE HEAT

Tips for Staying Cool this Summer

- Dress in lightweight, loose-fitting clothing.
- Avoid hot and heavy meals. Ex: Pastas, soups
- Cut down on exercise during the heat, especially if you aren't used to working or exercising in a hot environment.
- Schedule outdoor activities in the morning and evening hours when it's coolest.
- Stay in air-conditioned spaces as much as possible during extreme heat (when temps are hotter than normal for 2-3 days).
- If you don't have air conditioning, visit your local cooling center!

Scan the QR code for a list of local cooling centers!



Cooling centers provide air conditioning for community members on hot days!

stay hydrated

Drink plenty of fluids!

Don't wait until you're thirsty to drink.

Stay away from sugary beverages; they cause you to lose more body fluid.

Replace salt and minerals: Sports drinks can replace the salt and minerals you lose in sweat.

Keep your pets hydrated. Provide fresh water for your pets, and leave water in a shady area.



Signs of Heat Exhaustion

Headache

Dizziness

Irritability

Heavy Sweating

Nausea

Weakness

Thirst

Elevated Temp

SWIM SAFE

Swimming is an excellent way to be physically active during the hot summer months. However, it is important to take safety precautions to prevent illness and injury.

BEFORE SWIMMING:

- Ask a friend or family member to go with you. **Never swim alone.**
- Apply sunscreen with at least 15 SPF.
- Check for lifeguards. If no lifeguards are on duty, locate the safety equipment (ex: life preserver).
- Don't swim if you are feeling sick or have any open wounds that can't be covered with a bandage.

WHILE SWIMMING:

- Walk, don't run, around the pool.
- Wear a lifejacket or use a floaty if you aren't a strong swimmer.
- Do not dive or jump in shallow water.
- Do not dive or jump if someone is in the area where you will land.
- Do not swallow the water.
- Stay hydrated.



AFTER SWIMMING:

- Dry your ears to prevent swimmer's ear.
- Stay hydrated. Swimming can lead to dehydration because it is harder to recognize how much fluid you are losing. You can still sweat while in the water!



MORE SAFETY TIPS & FIND FOOD



Parents & Guardians:

Never leave children or pets alone in a parked car, even if the windows are open. The temperature inside can be deadly!



To prevent injuries, always wear a helmet and bright colored clothing when riding a bike, roller blading, skateboarding, etc.



Pack a first aid kit to keep in the car. Your kit should have enough supplies to handle minor injuries like insect bites, sprains, cuts, and bruises.



Find Food in Tioga County!

Scan the QR code, or use the link, to find a list of local food pantries, summer meal sites, and other resources in Tioga County.

helpme211.org/find-help

2024 TCPH Summer Events!

Child Safety Seat Check Events:

Waverly Police Department

32 Ithaca St, Waverly, NY 14892

Thursday, August 8th from 1:00pm - 4:00pm
and
Friday, August 9th from 9:00am - 12:00pm

2 DAY
EVENT!

Health & Human Services Building

1062 State Route 38, Owego, NY 13827

Thursday, September 19th from 3:30pm - 6:00pm

Rabies Vaccination Clinics:

Open to all Tioga County residents for dogs, cats, and ferrets. \$10 suggested donation.

Stray Haven

194 Shepard Rd, Waverly, NY 14892

Thursday, July 18th from 5:00pm - 7:00pm

Rawley Park

13334 NY-38, Richford, NY 13835

Thursday, August 29th from 5:30pm - 7:30pm



**The Dental Van will be parked at the
HHS Building in Owego for the Summer!**



Call us at 607-972-7552 to schedule an appointment!

STAY IN TOUCH FOR MORE SUMMER SAFETY TIPS & EVENTS!

ph.tiogacountyny.gov | 607-687-8600 | "Like" us on Facebook

"This project is supported with funds from the State of New York."