

WHAT THE HEALTH!?

SUN SAFETY

SUNSCREEN

Use sunscreen with at least 15 SPF. Cover your entire body and reapply every 2 hours or after getting wet.



Note: Sunscreen should not be used on children under the age of 6 months. Instead, keep them out of direct sunlight.

SHADE

Spend as much time in shaded areas as possible.

Examples: Trees, pavilions, tents, or umbrellas



CLOTHING

Dress in long-sleeved clothing, sunglasses, and wide-brimmed hats.



TIME

Limit time outside between 10am - 4pm.



This is when the sun's rays are strongest! Head inside if you notice your skin turning red or pink.

Little Tick. Tiny Bite. BIG PROBLEM!



Protect Yourself

Check Your Whole Body

Remove Ticks

UNFAMILIAR ANIMAL?



WHETHER IT IS WILD OR A PET

DO NOT TOUCH IT



**USE CAUTION, GO INSIDE
CALL THE LOCAL DOG CONTROL OFFICER**

**If the animal is openly aggressive (attacking others),
CALL 911**

IF YOU GET BIT...

Collect as much information on the animal as possible (Owner name and address, pet name, markings, rabies vaccination status) and seek medical care!

