



AUGLAIZE COUNTY
HEALTH DEPARTMENT
prevent. promote. protect.

Summer Safety

JULY 2022

Special Points of Interest

- Prepare an Emergency Weather Kit
- Insect Safety Tips
- Recreational Water Illnesses
- Move It

Prepare an Emergency Weather Kit

Summer can have long days, but it is also prime time for severe weather like thunderstorms and tornados. Ensure you have a full emergency kit prepared to help get you through an emergency situation. Below are some basic but important items to keep in an emergency kit.

- Water—be sure to have one gallon per person per day for several days ready; for drinking and sanitary use.
- Food—at least a several day supply of non-perishable food; this includes formula and pet food. Remember a manual can opener!
- Radio—Battery-powered or hand-crank radio with weather tone alerts; be sure to have extra batteries on hand.
- A first aid kit—this includes band-aids, antibiotic cream, gauze, and medications (both prescription and non-prescription).
- Flashlight—several flashlights will be helpful; be sure to have backup batteries.
- Personal sanitation items—moist towelettes, contact lens's and case, feminine supplies and any other personal hygiene products.
- Other ideas—a whistle to signal for help, fire extinguisher, matches, blankets, sleeping bags, board games or cards.



Insect Safety Tips

Most insect bites and stings are not serious, but some people may have an allergic reaction and, sometimes, diseases can spread by insect bites. The best protection is to not get bit or stung. See below for safety tips to prevent bug bites and stings:

- ⇒ Wear insect repellent containing diethyltoluamide (DEET) when you go outside. For children, only use products that contain less than 10 percent DEET and consult your child's pediatrician before using.
- ⇒ Wearing long pants and long-sleeved shirts can help protect you against mosquitoes and ticks.
- ⇒ Be careful at picnics. Sweet foods and drinks attract bees and wasps. Keep food—and the trashcan—covered.
- ⇒ Be careful when mowing the lawn and wear shoes outside in the grass in case you step on a bee.
- ⇒ Don't try to swat bees or wasps with your hands. It makes them angry. Stand still and they should just go away



Recreational Water Illnesses



Recreational Water Illnesses are diseases that people can get from water that they swim or play in—like pools, hot tubs, or splash pads.

The most common symptoms of a recreational water illness is diarrhea, skin rashes, ear infections, cough/congestion, or eye pain.

You can get a recreational water illness if you come in contact with, swallow, or breathe in mist from contaminated water. Diarrhea is the most common water illness. People who are already sick with diarrhea and swim have more of a chance of spreading it to others.

People who are most at risk for a water related illness are children, pregnant women, and people who have health problems or those who take medication that lower the immune system.

The best way to prevent swimming-related illnesses from spreading is to keep germs out of the water in the first place. This means that if you or your child has been sick with diarrhea in the past two weeks, you should stay out of the water. To protect yourself from the most common swimming-related illnesses:

- Keep water out of your mouth when you swim
- Dry your ears after you swim

Move it

Physical activity is a great way to stay busy during the summer. Adults should get 30 minutes of moderate physical activity a day. If you are looking for ways to change up your workout routine, check out the 10 ideas below.

1. Gardening—This takes physical work, but can also be therapeutic.
2. Swimming—a great way to stay cool while also being active.
3. Hiking—get a group together to catch up while also taking a hike.
4. Yoga—you can even do this outside to breathe in fresh air.
5. Paddle Boarding—this takes a lot of balance and is a great all body workout.
6. Kayaking—is great for the upper body and a great way to cool down.
7. Disc Golf—This will work on your coordination.
8. Cycling—enjoy the outdoors while doing low impact activity.
9. Toss a Ball—football, softball, badminton, or frisbee are all great ideas.
10. Meditation—sometimes its great to slow down and quiet your mind.

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towards a
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