



Swimming and Sun Safety

Swimming is a great way to have fun during the summer. It offers health benefits as a form of aerobic exercise, but it is also associated with health risks such as diarrhea and sunburn. Swim healthy by learning how to avoid these pitfalls!

Recreational water illnesses (RWIs) are caused by germs and chemicals found in the water we swim in. The most common RWI is diarrhea. Avoid swallowing water while swimming, even a small amount of water that has been contaminated with feces can cause illness. Before swimming in natural water sources such as oceans, lakes, and rivers, check for signs warning you that the water is not clean and safe for swimming. Pools or water parks can also carry germs. Although chlorine kills germs when kept at the proper levels, the time it takes to kill each germ varies. Do not swim if you have diarrhea or recently had diarrhea, because the germs causing your illness can make others sick.

If you're outside, you need to guard against the sun. Ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Stay in the shade or keep skin covered with protective clothing or hats whenever possible. Sunglasses can help protect your eyes. Put on broad spectrum sunscreen with at least SPF 15 on all exposed skin before you go outside, even on slightly



Ticks and Mosquitoes

Mosquitoes and ticks can spread diseases (including Zika, dengue, and Lyme disease), many of which cannot be prevented or treated with a vaccine or medicine.

You can reduce your risk by taking a few simple steps. When enjoying the outdoors, use EPA-registered insect repellents that contain at least 20% DEET for protection against mosquitoes, ticks, and other bugs. Other repellents (such as Picaridin, Oil of lemon eucalyptus, or IR3535) protect against mosquitoes but may not be effective against ticks or other bugs. If you are in the sun, apply sunscreen first, let it dry, and then apply repellent. Wearing long sleeves, long pants, and hats can also help to protect you against insect bites. Around the house, ensure screens and windows are in good condition to keep bugs out. Dumping out containers and draining areas of standing water can also help to reduce mosquitoes around your home and yard.

Ticks can take several hours to attach and begin transmitting disease to humans, so checking for ticks can help you find a tick before it can transmit disease. Do a full-body tick check for yourself and children with a handheld or full-length mirror soon after coming indoors. Pay attention to areas under arms, around ears, belly button, behind the knees, between the legs, around the waist, and especially in hair. Examine belongings

cloudy or cool days. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

For more information about swimming safety and to view pool inspection reports in our jurisdictions, visit myfcph.org/pools_pub.



June is National Safety Month

National Safety Month focuses on reducing leading causes of injury and death at work, on the roads and in our homes and communities.

More common safety issues are slips, trips and fall accidents. Contributors, which can be prevented, include:

- * Spills of liquids on smooth floors or walkways
- * Carrying or moving cumbersome objects or simply too many items at one time
- * Not paying attention to surroundings or distracted while walking
- * Being in a hurry
- * Rumpled or rolled-up carpets/mats or carpets with curled edges
- * Irregularities in walking surface
- * Clutter, obstacles in aisles, walkways & work areas

Another common area for falls to occur is stairs. Falls can be prevented on stairs by doing the following:

- * Always use the handrail when using stairs or ramps.
- * Watch out for foreign substances on the floor.
- * Clean footwear thoroughly when entering the building.
- * Keep walkways and aisles clear of trash and potential hazards.
- * Ask for help when a load is heavy or bulky, or use the elevator instead of the stairs.
- * Avoid checking your cellphone or watch

and pets for any ticks hitching a ride into the house. Last, tumble clothes in a dryer on high heat for an hour to kill remaining ticks. If you find a tick that is attached, use tweezers to grasp it as close to the skin as possible. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

Pet Emergency Preparedness Kits



Preparing an emergency preparedness kit filled with emergency supplies for each family member is essential, but did you ever consider making one for your pets? June is National Pet Preparedness Month where pet owners can create a kit specifically designed for their pet family members. Below is a list of the top 10 items to implement into your pets emergency preparedness kit.

- 1) Food (your pet's regular food)
- 2) Water
- 3) Leash & Collar
- 4) Bowl(s)
- 5) Photo of your pet/ID and a photo of you with your pet
- 6) Medications for your pet
- 7) Immunization/vet records (keep both updated)
- 8) Pet carrier
- 9) First Aid Kit
- 10) Contact list of pet-friendly hotels, veterinarians, American Red Cross, American Humane Association and Out-of-Town Friends/family

Additional items: Toys, rope, sanitation bags

Additional resources can be found at cdc.gov/features/petsanddisasters/ and cdc.gov/healthypets/resources/disaster-prep-pet-emergency-checklist.pdf.

while using the stairs or walking through parking lots.
* Ascend and descend the stairs one stair step at a time.

Slips, trips, and falls can happen anywhere. Trying to multitask may result in a slip, trip or fall accident. It is important to be attentive and aware of your surroundings so that you can easily maneuver an uneven section of pavement, a wet spot, a change in floor surface, or objects that may be in your path.

Low-Cost Summer Rabies Immunization Clinics



June 24
Windsor Park
4330 Dudley Ave.
Grove City 43123

August 26
Franklin County Dog Shelter
4340 Tamarack Blvd.
Columbus 43229

The rabies immunization clinics are sponsored by Franklin County Public Health and the Columbus Academy of Veterinary Medicine.

All dogs and cats in Franklin County are required to be vaccinated against rabies and are required to wear their rabies tag. Cost is just \$5.00 per vaccination (**cash only**). These are walk-in clinics (no appointments needed).

For more information about our rabies clinics, visit our website myfcph.org/rabvac.



Public
Health Connection
Call: June 16 @ 11
a.m.

Franklin County Public Health would like to invite each of our school districts to join our monthly Public Health Connection Call. We spend 30 minutes on the 3rd Thursday of every month updating partners on timely public health activities and projects. The call begins at 11:00 a.m. Connection information is always the same:

For audio only call 877-820-7831, enter passcode 5487125

To participate via Adobe Connect and see the presentation:
<http://fcph.adobeconnect.com/r9h1owblrg8/>

Have a question for us? Email fcph@franklincountyohio.gov or call (614) 525-3160.



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