

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

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State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

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DOH-COLLIER HIGHLIGHTS SUMMER SAFETY TIPS

COLLIER – The school year is ending, temperatures are rising, and summer is right around the corner. The Department of Health in Collier County wants to remind our residents and visitors to stay safe and healthy while enjoying outdoor activities this summer. Whether it's a trip to the beach, an outdoor picnic or barbeque, a day on the boat, or just playing outside, there are things we all need to remember to stay safe and healthy this summer.

Heat can be dangerous this time of year for both adults and children. When temperatures reach 90 °F and higher, increasing water intake to combat the heat is imperative. It is important that adults and children stay well hydrated while in the sun and heat. A child's body surface area makes up a much greater proportion of his overall weight than an adult's, which means children face a much greater risk of dehydration and heat-related illness. Proper hydration, keeping strenuous activity to a minimum, seeking shade to cool off when needed, and taking breaks in an air-conditioned space will help make your outdoor activities fun and safe for all.

Protect yourself from the sun this time of year to prevent skin cancer later in life and to avoid sunburn. Stay in the shade when you can, and wear protective lightweight, light-colored and loose-fitting clothing to cover exposed skin. A wide-brimmed hat and sunglasses can help to shade the face, head, neck and ears. Use sunscreen that is SPF 15 or higher, and reapply often, especially after swimming.

Water safety is so important in Collier County with our miles of beaches, lakes, and abundant pools. It is important that adults closely supervise children any time they are swimming, playing near water, or bathing. Drowning is the leading cause of death in children ages 1 - 4 in Collier County. Never swim alone or in unsupervised locations. Also, never drink alcohol before or while swimming, boating or operating any watercraft, and while supervising children. For more information on water safety in Collier County, please visit www.safehealthychildren.org.

Food safety is a significant concern to keep in mind while enjoying a picnic or barbeque. To prevent food-related illnesses, there are a few simple rules to follow. Wash your hands before and after you prepare your foods. Cook meats, poultry, and seafood thoroughly, and do not cross-contaminate one food with another, especially uncooked meats and poultry. Bacteria can grow quickly on foods left out at room temperature, so make sure you have a cooler to pack up leftover foods. Discard leftover meat, chicken, fish, eggs, and foods made with them if left out for 1 hour or more in temperatures over 90 °F.

Bike riding without helmets is an accident waiting to happen. Brain injury is the most serious of injuries. Children must wear helmets every time they're on their bikes. Keep younger children supervised while riding bicycles to make sure they are safe and out of the way of moving vehicles.

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Mosquitoes often come out this time of year as well. Mosquitoes can be carriers of arboviruses that can cause humans to become ill. To prevent mosquitoes from ruining the fun, remember the 5 Ds:

- Avoid outdoor activities from **Dusk** till **Dawn**,
- Use a bug spray that contains **DEET**, or other EPA-approved repellents containing picaridin, oil of lemon eucalyptus, or IR3535,
- **Drain** any standing water, and
- **Dress** in long pants and long-sleeved shirts to cover exposed skin.

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