



NEW YORK STATE SENATOR

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## Summer Health Tips

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| ISSUE: **SUMMER SAFETY, OUTDOOR RECREATION**



With the official start of summer upon us, the weather finally warming up and the school year ending, the opportunities to be outside with friends and family are abundant. So in honor of these fun months ahead of us, I thought it would be a good idea to remind you of a few summer health tips that will protect you against sunburns and insect bites.

After long months of cold weather and being stuck inside, summer activities such as gardening and swimming are a welcome change, but it is important to use caution when out

in the sun. In fact, experts recommend using sunscreen on a daily basis. Broad-spectrum sunscreens with a sun protection factor (SPF) of 30 or higher are suggested to protect against harmful burns, which can contribute to skin cancer. Make sure to apply sunscreen 15-20 minutes before being exposed to the sun, as this maximizes the effectiveness of the sunscreen. Also, always remember to stay hydrated!

Mosquitoes usually are considered a nuisance pest, but occasionally they can transmit viruses to people and some animals, including, Eastern Equine Encephalitis (EEE), West Nile Virus (WNV) and Zika. Most people infected with EEE or WNV do not develop any signs or symptoms. If illness develops, symptoms usually occur 3-14 days after the bite from an infected mosquito. People with mild cases of mosquito-borne disease may develop fever, headache, body aches and occasionally a skin rash or swollen glands (lymph nodes). Ticks can also spread disease. Lyme disease is the most common disease spread by ticks in New York and can cause a variety of flu-like symptoms and other serious ailments if not properly treated.

Below are some steps to protect yourself and reduce your risk of mosquito-borne and Lyme diseases:

- Cover up when mosquitoes are present and active;
- Wear long sleeves, pants and socks;
- Use insect repellent on exposed skin and follow label directions;
- Make sure there are screens in your home's windows and doors, and that they are free of rips, tears and holes;
- Eliminate all standing water around your home and property;
- Stay on cleared, well-traveled trails. Walk in the center of trails. Avoid dense woods and

bushy areas;

- Avoid sitting directly on the ground or on stone walls;
- Keep long hair tied back, especially when gardening;
- Bathe or shower as soon as possible after going indoors (preferably within two hours) to wash off and more easily find ticks that may be on you; and
- Do a final, full-body tick check at the end of the day (also check children and pets), and remove ticks promptly.

By following these few simple precautions and keeping a watchful eye, you and your family can feel free to hike, fish, camp, boat, go to the beach or just enjoy a backyard barbecue.

We also have a brochure available that provides some more specifics about protecting you and your family during the warm weather months, just give the office a call: (518) 455-2225