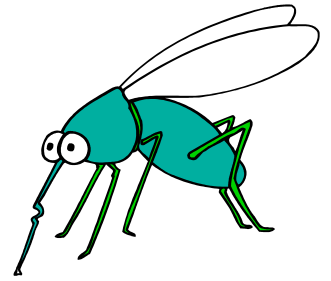


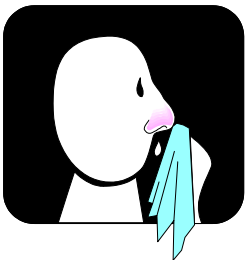
# SUMMER HEALTH ALERTS!

“Wear sunscreen, drink plenty of liquids, watch out for heat stroke” ... familiar advice for hot, summer days. The Health Department offers these five additional **ALERTS** to help keep you and your family safe and healthy this summer.

**INSECT ALERT!** While often just a nuisance, mosquitoes can transmit West Nile virus and ticks can transmit Lyme disease.



- ◆ Stay indoors at peak mosquito biting times during the early morning and at dusk. Keep away from places where insects gather - near standing water, flower gardens and in the shade under trees on hot, sunny days. Avoid tick habitats, such as wooded areas with dense shrubs and leaf litter, and “transition areas” - places where woods change to shrubs, or where low brush meets suburban yards.
- ◆ Remove all sources of standing or stagnant water - mosquitoes will breed in any standing water or puddle that lasts more than 4 days! Dispose of tin cans, plastic containers, ceramic pots and old, unused tires. Eliminate standing water that collects in wheelbarrows, wading pools, birdbaths and buckets. Clean out rain gutters.
- ◆ Cover up with a long sleeve shirt and pants, and use a DEET-containing insect repellent according to directions to reduce the chances of getting insect bites. Frequent application or saturation of skin with repellent increases the risk of adverse reactions and does NOT increase its effectiveness.
- ◆ Check your children’s skin (and your own) daily for ticks when you’ve spent time outside. If you find an attached tick, promptly remove it with a tweezer - ticks must be attached for at least 24 hours to transmit any disease.



## ALLERGY ALERT!

- ◆ Be an Allergy Detective ... watch the rain to help identify allergy “triggers”. Rain usually brings relief to pollen sufferers because it washes away the pollen particles. However, mold sufferers do worse after a few rainy days because damp weather helps mold and mildew to grow.
- ◆ Use a portable HEPA (High Efficiency Particulate Arresting) air filter in your bedroom. HEPA filters can remove 99.7% of dust, mold, spores, pollen and pet dander from the air.
- ◆ Change your clothes and shower when you come in from outside. Pollen sticks to your hair and clothes and can aggravate your symptoms. Leave your shoes at the door.
- ◆ For mold and mildew allergies, use a dehumidifier in damp areas and do not sleep in basement level areas.

**FIREWORKS ALERT!** Fireworks are best left to trained professionals. While their use is illegal in New Jersey, if you are still tempted to light small fireworks:

- ◆ Never allow children to play with or ignite fireworks. Make sure other people are out of range before lighting fireworks.
- ◆ Only light fireworks on a smooth, flat surface. Keep away from the house, dry leaves, and flammable materials.
- ◆ Never try to relight fireworks that have not fully functioned.
- ◆ Keep a bucket of water or a fire extinguisher nearby in case of a malfunction or fire.





**ANIMAL BITE ALERT!** Both wild and unvaccinated domestic animals can transmit rabies if they are infected with this fatal disease.

- ◆ Never touch a wild animal, even if it is dead or injured.
- ◆ Leave wildlife alone. Do not make pets of wild animals or try to “save” baby animals even if they seem abandoned.
- ◆ Do not feed or pet stray animals.
- ◆ If you are bitten by an animal immediately wash the bite thoroughly with soap and water and call your doctor or go to the nearest emergency room.
- ◆ All animal-to-animal and animal-to-human bites **MUST** be immediately reported to the Health Department.

**DROWNING ALERT!** Children aged 4 and younger drown more often in swimming pools than in natural bodies of water, and most children who drown in swimming pools at home had been out of their parents' sight for less than five minutes.

- ◆ Never leave children alone in or near a pool or any other body of water, even for a moment. Whenever infants or toddlers are in or near the water, an adult should be within arm's length at all times.
- ◆ Avoid inflatable swimming aids such as "floaties." They are never a substitute for approved life vests and can give a false sense of security.
- ◆ Most children are not developmentally ready for swimming lessons until after their fourth birthday. While programs for younger children may increase their comfort around water, they don't make it less likely that they will drown.



## RESOURCES

Allergy and Asthma Foundation of America  
(202) 466-7643 ◆ [www.aafa.org](http://www.aafa.org)

Daily Air Quality Message (pre-recorded)  
NJ Department of Environmental Protection  
(800) 782-0160

Health Information Line  
CDC - Centers for Disease Control  
(800) 232-4636 ◆ [www.cdc.gov](http://www.cdc.gov)

Lyme Disease Information  
NJ Department of Health & Senior Services  
(800) 792-8831

West Windsor Health Department  
(609) 799-2400 ◆ [www.westwindsornj.org](http://www.westwindsornj.org)

National Pesticide Information Center  
(800) 858-7378 ◆ [www.npic.orst.edu](http://www.npic.orst.edu)