



STATE SAFETY OFFICE
HEADQUARTERS, NEW YORK ARMY NATIONAL GUARD
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SAFETY MESSAGE 17-09

Summer Safety

Summer is almost here! Families are preparing for vacations. Soldiers are preparing for Annual Training. Schools are preparing for summer recess. There are a lot of plans being made to make the most of the nice weather and time together. We should not lose sight of the fact that all of these events come with risks that could impact our safety and our family's safety. Below are some risk factors that should be taken into consideration to insure the safety of our families and troops.

Ticks



The warm weather increases the tick population. It also is the time when we are most likely to be out in the wild and exposed to them. Lyme disease is the most commonly reported vector borne illness in the United States. In 2015, it was the sixth most common **Nationally Notifiable disease**. However this disease does **not** occur nationwide and is concentrated heavily in the **northeast** and upper Midwest.¹ Here are some tips to prevent tick bites:

- Wear repellent on your bare skin or wear clothes that have repellent built-in.
- Check for ticks at the end of each day.
- Take a shower too! It will help wash off the ticks you can't see.
- Change clothes. Don't put on your old clothes that might have ticks still crawling on them.
- Avoid taking short cuts through thick brush and grass.

And here is some advice for parents from the CDC:

- Make sure that the repellent you're using contains 20% or more of the active ingredient (like DEET).
- Help younger kids apply repellent and keep it away from eyes, mouth and hands.

Skin Cancer


Warm, sunny weather brings people outside. Adequate skin protection should be used to prevent the harmful effects from the sun. Hats that provide some protection for the face and neck can help reduce sun damage. Sun block applied properly and as frequently as

¹ <https://www.cdc.gov/lyme/stats/>


directed can also help reduce harmful effects of the sun. Here are some tips from the CDC to help with your planning:

PROTECT YOUR FAMILY AND YOURSELF FROM SKIN CANCER


STAY SUN SAFE OUTDOORS




Seek shade, especially during midday hours. This includes 10 am to 4 pm, March through October, and 9 am to 3 pm, November through February. Umbrellas, trees, or other shelters can provide relief from the sun.




Be extra careful around surfaces that reflect the sun's rays, like snow, sand, water, and concrete.




Wear sun protection gear like a hat with a wide brim and sunglasses to protect your face and eyes.




Sunglasses protect your eyes from UV rays and reduce the risk of cataracts and other eye problems. Wrap-around sunglasses that block both UVA and UVB rays offer the best protection by blocking UV rays from the side.



Wear a long-sleeved shirt and pants or a long skirt for additional protection when possible. If that's not practical, try wearing a T-shirt or a beach cover-up.



Apply a thick layer of broad spectrum sunscreen with an SPF of 15 or higher at least 15 minutes before going outside, even on cloudy or overcast days. Reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Hydration and Heat Injuries

Staying hydrated during activities is critical to our health. Dehydration can be very harmful and here are some warning signs and preventive steps you can take:

Heat Exhaustion

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

What You Should Do:

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

Heat Stroke

- High body temperature (above 103°F)*
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do:

- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.

For more information on Off-Duty Safety, visit:

<https://safety.army.mil/MEDIA/SeasonalSafetyCampaigns/SpringSummer2017.aspx>

To find previously published Safety Messages go to our NYARNG Safety Website:

<http://dmna.ny.gov/safety/?id=message>

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