

STAY **SAFE** AND **HEALTHY** OUTDOORS

For a summer that **SIZZLES** with fun

by kathy hayes

1. BE SUN SAFE

In Colorado, where UV rays are intense, the incidence of melanoma is 30% higher than national rates. Children's melanoma risk doubles if they have two blistering sunburns before they're 18.

- ▶ Use a broad-spectrum sunscreen (UVA and UVB protection) that's water-resistant and has an SPF ("sun protection factor") of 15 or higher.
- ▶ Slather it on. Reapply often. The biggest mistakes people make are not applying enough sunscreen and not reapplying often enough. Follow the directions on the container.
- ▶ Cover up and wear a hat with a brim, especially between 10 a.m. and 2 p.m.
- ▶ Stay in the shade when possible.
- ▶ Always wear sunglasses with 100% UV protection.
- ▶ Teach sun safety to children.

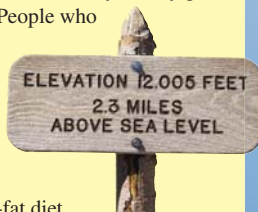


More info: www.sunsafecolorado.org

2. ASCEND WITH CAUTION

Take care when visiting the high country, especially if you have visitors from lower elevations along. The thin air at 8,000 feet and higher deprives your blood of oxygen. Go too high too fast, and you may get a headache, feel nauseated and become weak. People who have heart or lung problems are most at risk.

- ▶ If coming from sea level, acclimate for one to three days before going to higher altitudes.
- ▶ Exercise moderately.
- ▶ Decrease caffeine, alcohol and salt intake.
- ▶ Drink extra fluids and eat a high-carb, low-fat diet.
- ▶ Ask your doctor beforehand if you need a medication to help prevent altitude sickness.
- ▶ If you feel ill at altitude, descend to a lower location.



More info: www.americanheart.org
Search for "high-altitude sickness."

3. DON'T DRINK THE WATER

A tiny parasite, *Giardia lamblia*, inhabits many outdoor waters (including hot tubs and pools) and can wreak havoc on your digestive system.

- ▶ Boil stream or lake water at a hard boil for at least 10 minutes before drinking it.
- ▶ Add five drops of tincture of iodine to a quart of water to kill bacteria within 30 minutes.
- ▶ When swimming, avoid swallowing the water.
- ▶ To keep from spreading giardia, wash your hands with soap and water after using the bathroom; teach children to do the same.



More info: www.cdc.gov. Search for "giardia."

4. FEND OFF MOSQUITOES

Mosquitoes infected with West Nile virus inhabit Larimer County from June until the first frost. Most people infected with the virus do not get sick and do not know they have it. Others develop West Nile fever or even more severe forms of the infection, which can cause coma, tremors, vision loss and paralysis.



- ▶ Mosquitoes are usually most active at dawn and dusk. Use repellent and cover up when going outside at these times.
- ▶ Use an insect repellent that contains DEET, Picaridin, oil of lemon eucalyptus (PMD) or IR3535. Follow application instructions on the package.
- ▶ Install a bubbler or fountain to keep the water moving in a backyard pond. Add fish that eat mosquito larvae.
- ▶ Keep screens on windows and doors in good repair.
- ▶ Get rid of standing water in your yard.

More info: www.larimer.org/health/cd/westnile.asp

5. DON'T ROCK THE BOAT

Before you launch your boat, know the rules: You must be 16 or older to operate a boat or a personal watercraft in Colorado. Anyone who is physically controlling any motorized or non-motorized watercraft and who has a blood alcohol content of 0.08 or higher could receive a BUI.

- ▶ Always wear a life jacket that fits snugly and is in good condition.
- ▶ Children need life jackets made especially to fit them.
- ▶ Know the rules of the water, and follow them.
- ▶ Have your boat inspected for safety, and properly equip it.
- ▶ Don't drink and boat.



More info: www.parks.state.co.us/boating

6. CYCLE SAFELY

One mishap on a bicycle could result in an injury that could impair you for the rest of your life. Cyclists need to take charge of their own safety by obeying the law and practicing safe habits.

- ▶ Wear a properly fitting, intact helmet. If it ever bit the dust, pitch it and buy a new one.
- ▶ Make sure your bike is in good working condition and is a good fit for you.
- ▶ Wear bright clothes. Put reflectors on your bike. Use front and rear lights after dusk.
- ▶ Always ride in the same direction as traffic.
- ▶ Pay close attention to other vehicles, pedestrians and road hazards.
- ▶ Know and follow the rules of the road.



More info: www.fcgov.com/bicycling/rules.php