

AT YOUR SERVICE

NEWS FROM THE VAN BUREN/CASS DISTRICT HEALTH DEPARTMENT

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Swimmer Safety

- Encourage efforts to teach all how to swim.
- Use life jackets appropriately and do not rely on flotation items.
- Provide continuous close attentive supervision to all swimmers.
- Where available, heed beach swim advisories.
- Pier jumping is dangerous

Maddening Mosquitoes

Prevent bites! Protect yourself from illnesses such as West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE).

Nationally in 2014, There were more than 2,000 cases of WNV, with 85 reported deaths. There have been cases in Michigan annually since 2002. The highest risk is in those age 50 and above.

Protection against mosquito-borne disease is as easy as remembering to take these key steps:

- **Avoid mosquito bites:** Use insect repellent when outdoors especially from dusk to dawn. Look for EPA-labeled products containing active ingredients, such as DEET, Picaridin (KBR3023), or oil of lemon eucalyptus (p-menthane 3,8-diol). Reapply as needed according to label directions. Use nets or fans around outdoor eating areas to keep mosquitoes away.
- **Mosquito-proof homes:** Fix or install window and door screens and cover or eliminate empty containers with standing water where mosquitoes can lay eggs.

Terrible Ticks

The black-legged tick is endemic to our area and can carry Lyme Disease, which is the most common tick-borne disease reported in Michigan. In 2014 there were 128

reported human cases. You can prevent tick bites by:

- **Avoiding tick-infested areas.**
This is especially important in May, June, and July. If you are in tick infested areas, walk in the center of trails to avoid contact with overgrown grass, brush, and leaf litter at trail edges.
- **Using insect repellent.**
Spray repellent containing a 20 percent concentration of DEET or Picaridin on clothes and on exposed skin. You can also treat clothes (especially pants, socks, and shoes) with permethrin, which kills ticks on contact or buy clothes that are pre-treated. Permethrin can also be used on tents and some camping gear. Do not use permethrin directly on skin. Always follow the manufacturer's instructions when applying any repellents.
- **Bathing or showering.**
Bathe or shower as soon as possible after coming indoors (preferably within 2 hours) to wash off and more easily find ticks that are crawling on you. Ticks can get a ride indoors on your clothes. After being outdoors, wash and dry clothing at a high temperature to kill any ticks that may remain on clothing.
- **Performing daily tick checks.**
Always check for ticks after being outdoors, even in your own yard. Because ticks must usually be attached for at least a day before they can transmit the bacteria that cause Lyme disease, early removal can reduce the risk of infection. Inspect all body surfaces carefully, and remove attached ticks with tweezers. Grasp the tick firmly and as closely to the skin as possible. With a steady motion, pull the tick's body away from the skin. Do not be alarmed if the tick's mouthparts remain in the skin. Cleanse the area with an antiseptic.

Heatstroke Tragedy

Never leave children alone in a car! The temperature can rise 20 degrees in 10 minutes, and children are much more susceptible to heatstroke. Remember to **ACT**.

- **A:** Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute and make sure to keep your car locked when you're not in it so kids don't get in on their own.
- **C:** Create reminders by putting something in the back of your car next to your child such as a purse or a cell phone that is needed at your final destination. This is especially important if you're not following your normal routine.
- **T:** Take action. If you see or hear a child alone in a car, call 911. Emergency personnel are trained to respond to these situations. One call could save a life.

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