The first day of summer is June 21st!

Water activities are a great way to stay cool and to engage in healthy exercise. Richland Public Health wants to remind everyone to stay safe in and around water.

Honey Do(s) for Swimming
- Before you go --> Check the latest inspection results on state or local health department website.
- Use well-fitting, Coast Guard-approved life jackets for flotation assistance.
- Watch children at all times. Kids can drown in seconds and in silence.
- Take kids on bathroom breaks and check diapers (away from swimming areas) every hour.
- Dry your ears thoroughly after swimming.

Honey Don’t(s)
- Don’t swallow the water.
- Don’t pee or poop in the water.
- Don’t swim if you had diarrhea or sickness in the last 2 weeks.
- Don’t swim with open wounds (new tattoos or piercings included).

For more Summer Safety Tips on swimming, food safety, and sun safety See richlandhealth.org; cdc.gov/healthywater/swimming
June 13-19 is Men’s Health Week

Fellas, don’t put off until tomorrow, what you can do today. Schedule your wellness visit with your health care provider. Discuss family history, family planning, mental health, and personal habits, such as alcohol and tobacco use. Schedule necessary tests and screenings like the ones offered by Richland Public Health Nurses.

Set healthy goals like: keep good sleep habits, maintain healthy relationships, be active, maintain a healthy weight and do good things for you and your happiness.

LIVE WELL & BE WELL

MOSQUITOS AND TICKS

The Mosquito Control Program’s primary focus is to reduce the risk of mosquito borne disease.

It takes just 7-14 days to go from eggs to adult flying mosquitoes.

DISEASES CARRIED BY MOSQUITOS
* Chikungunya* Dengue
* Eastern equine encephalitis
* St. Louis encephalitis
* West Nile* Yellow fever* Zika

Richland Public Health’s (RPH) Environmental Health Division encourages all Richland County residents to take action and prevent mosquito bites. Reducing the number of mosquitoes reduces the risk of mosquito bites. Mosquitoes can breed and lay eggs in any standing water.

*ONCE EVERY WEEK——GET RID OF STANDING WATER AROUND YOUR PROPERTY——

Pick up and throw away items that hold water like tires, trash, and containers. Empty excess water from buckets, planters, flowerpot saucers and trash cans. Scrub clean and refill with fresh water in toys, kiddie pools, and bird baths.

RPH conducts mosquito trapping and surveillance to identify the types of mosquitoes present and to see if they carry any disease. Mosquito spraying, weather-permitting, helps control mosquito breeding. Spraying events are posted every Friday during the active mosquito season, on the Richland Public Health website, Facebook and Twitter pages.

RPH encourages residents to take precautions against tick bites, and possible transmittal of diseases, like Lyme disease. Always check for ticks on clothing and on pets when returning from outside particularly after being in brush or forested areas.

American Dog Tick * Blacklegged Tick * Lone Star Tick

DISEASES CARRIED BY TICKS
* Anaplasmosis
* Ehrlichiosis
* Lyme disease* Powassan
* Rocky Mountain spotted fever
* Tularemia

Learn more at: richlandhealth.org; cdc.gov/mosquitoes; cdc.gov/ticks

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The Richland Public Health "Health Report" is a monthly production of the Community Health & Prevention Sciences Division. Suggestions and corrections, including mailing label corrections, are welcome. Call Shannon Nelson, CHPS Coordinator, at 419-774-4761 or email snelson@richlandhealth.org

Richland Public Health is an equal opportunity employer/provider of services. RETURN SERVICE REQUESTED

CALLING THE HEALTH DEPARTMENT

Main Number……….419-774-4500
Comm. Health/Prev. Sciences……….419-774-4761
Environmental Health…………….419-774-4520
Public Health Clinic…………….419-774-4700
Public Health Nursing…………….419-774-4540
WIC…………….419-774-4560

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