

Summer Newsletter

Get Active This Summer!



Special points of interest:

- Get active this summer
- Fruit salad recipe
- Spring/summer cleaning tips
- Are you getting enough sleep?
- Mosquito and tick bite prevention
- Infant safe sleep

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Say goodbye to the winter blues—and laziness. If the kids are going a bit stir crazy, or you just want to freshen up your family's routine this summer, we've found 15 great ways to get active both indoors and out.

1. **Rollerblade through your local park or neighborhood.**
2. **Head to your neighborhood park for a game of catch. Then, end the morning or afternoon with a well-earned picnic.**
3. **Consider starting a garden! It's a great bonding experience to plant and care for your garden and more active than you might think.**
4. **Take the family dog for a walk or run through the neighborhood.**
5. **Enroll in summer time sports**

like soccer, softball or tennis.

6. **Make play dates active by heading outdoors for fun and games instead of sitting at a computer or television.**
7. **Feeling energized by the sunshine? Try a game you may not have played before like croquet or badminton.**
8. **You can finally enjoy all those local playgrounds again. Swing, climb the jungle gym and hang from the monkey bars.**
9. **Escape the city and take a day trip to a local hiking spot.**
10. **Learn to ride a bike, maybe even ditch the training wheels!**
11. **Try treating your kiddos with items like kites, hula**

hoops or jump ropes. These encourage more active play compared to video games and movies.

12. **Try out that new yoga or dance studio nearby, many will be enrolling new students for the spring and summer season.**
13. **Never tried a paddle boat, paddle board or kayak? Find the nearest lake to try out one of these fun water activities.**
14. **For those without swimming pool access, set up a sprinkler or a water balloon fight for more outdoor fun.**

Source: mommynearest

Fruit Salad

Ingredients:

- 1 large can mandarin oranges
- 1 (20 ounce) can pineapple chunks
- 1 (3 1/8 ounce) box sugar free vanilla pudding mix
- 1 lbs. strawberries, stemmed and quartered
- 3 bananas
- 1/2 pint blueberries

- 1 bunch of grapes
- 2 kiwi
- handful of walnuts *optional*
- 1-2 Tbsp. sugar *optional*

Directions:

Wash, peel and cut all fruit.

Place all fruit in large bowl—NO JUICES

In a separate bowl, mix 3 small scoops of pudding mix with pineapple juice.



The consistency should be like soup thick, not like pudding.

Then add as much as you desire to the fruit.

Chill and serve.

10 Spring/Summer Cleaning Tips for a Healthier Home



Some of the tasks that you can

perform during your annual spring or summer cleaning may actually improve your family's health. The following 10 spring/summer cleaning activities will help make you, and your home, healthier and safer:

1. Thoroughly dust your home and clean or replace furnace filters; clean all ducts and vents.
2. Organize your medicine cabinet, discarding expired medications

and old prescription medications no longer in use. Your pharmacist can advise you about the best way to dispose of old medications, since tossing them in the garbage may be dangerous.

3. Check the garbage and basement for old cans of paint, thinners, oils, solvents, stains and other forms of "toxic" trash. Call your city or county sanitation department to find the location of the hazardous waste drop center, and get rid of anything you're not going to use.

4. Likewise, check under the sink and around the house for old, potentially toxic cleaning products and dispose of these.

5. Have your chimney professionally cleaned. You'll reduce the chances of carbon monoxide exposure for your chimney when it's fire season again.

6. Clean all mold and mildew from bath-

rooms and other damp areas with non-toxic cleaning products. Mold is a fungus which can trigger allergic reactions in susceptible people.

7. Check your rugs to be sure that rugs on bare floors have non-skid mats. Also, outfit your bathroom with non-skid bath mats.

8. Inspect outdoor playground equipment and be sure that it remains sturdy and in good repair.

9. Change the batteries in your smoke detector and carbon monoxide detector.

10. Collect old batteries throughout the house for disposal in a battery recycling or hazardous waste center.

Source: MedicineNet.com



Are you Getting Enough Sleep?

Are you getting enough sleep?

Learn how much sleep you need for good health.

People will often cut back on their sleep for work, for family demands, or even to watch a good show on television. But if not getting enough sleep is a regular part of your routine, you may be at an increased risk for obesity, diabetes, high blood pressure, coronary heart disease and stroke, poor mental health, and even early death. Even one night of short sleep can affect you the next day. Not surprisingly, you're more likely to feel sleepy. On top of that, you're more likely to be in a bad mood, be less productive at work, and to be involved in a motor vehicle crash.

Habits to improve your sleep

There are some important habits that can improve your sleep health:

Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends. Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature. Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom. Avoid large meals, caffeine, and alcohol before bedtime. Avoid tobacco/nicotine. Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

What about sleep quality?

Getting enough sleep is important, but good sleep quality is also essential. Signs of poor sleep quality include feeling sleepy or tired even after getting enough sleep, repeatedly

waking up during the night, and having symptoms of sleep disorders (such as snoring or gasping for air). Better sleep habits may improve the quality of your sleep. If you have symptoms of a sleep disorder, such as snoring or being very sleepy during the day after a full night's sleep, make sure to tell your doctor.

Age group		Recommended hours sleep per day
Infant	4-12 months	12-16 hours per 24 hours (including naps)
Toddler	1-2 years	11-14 hours per 24 hours (including naps)
Pre-school	3-5 years	10-13 hours per 24 hours (including naps)
School age	6-12 years	9-12 hours per 24 hours
Teen	13-18 years	8-10 hours per 24 hours
Adult	18-60 years	7 or more hours per night

Source: Centers for Disease Control and Prevention

Prevent Mosquito Bites



Protect yourself and your family from mosquito bites

Use Insect Repellent

Use Environmental Protection Agency (EPA)-registered insect repellents with one of the active ingredients listed in the chart below. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women.

Tips for Everyone

Always follow the product label instructions.
Reapply insect repellent as directed.
Do not spray repellent on the skin under clothing.
If you are also using sunscreen, apply sunscreen first and insect repellent second.

Tips for Babies & Children

Always follow instructions when applying insect repellent to children.
Do not use insect repellent on babies younger than 2 months old.
Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
Adults: Spray insect repellent onto your hands and then apply to a child's face.
Do not use products containing oil of lemon eucalyptus (OLE) or para-

menthane-diol (PMD) on children under 3 years old.

Natural insect repellents (repellents not registered with EPA)

We do not know the effectiveness of non-EPA registered insect repellents, including some natural repellents. To protect yourself against diseases like chikungunya, dengue, and Zika, CDC and EPA recommend using an EPA-registered insect repellent. Choosing an EPA-registered repellent ensures the EPA has evaluated the product for effectiveness.

Protect your baby or child

Dress your child in clothing that covers arms and legs.
Cover crib, stroller, and baby carrier with mosquito netting.

Wear long-sleeved shirts and long pants

Treat items, such as boots, pants, socks, and tents, with permethrin* or buy permethrin-treated clothing and gear.
Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.

If treating items yourself, follow the product instructions.
Do not use permethrin products directly on skin.

*In some places, such as Puerto Rico, where permethrin products have been used for years in mosquito control efforts, mosquitoes have become resistant to it. In areas with high levels of resistance, use of permethrin is not likely to be effective.

Take steps to control mosquitoes inside and outside your home

Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
Use air conditioning when available.
Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.
Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers.
Check inside and outside your home. Mosquitoes lay eggs near water.

Source: Centers for Disease Control & Prevention

Active ingredient

Higher percentages of active ingredient provide longer protection

DEET

Picaridin (known as KBR 3023 and icaridin outside the US)

IR3535

Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)

2-undecanone



Find the insect repellent that's right for you by using EPA's search tool*.

Tick Prevention & Powassan Disease

Tick-borne diseases are expected to rise this year due to warmer winters leading to rising tick populations. Cases of a rare but potentially life-threatening tick-borne disease called Powassan's is also expected to rise. This disease is transmitted by three types of ticks, including the one that carries Lyme disease. This disease causes flu-like symptoms such as muscle aches, skin rash, fever and headache for mild cases, and people who develop a more serious illness will quickly develop difficulties with maintaining your consciousness and cognition. You may also develop seizures and have difficulty breathing on your own.

There are no vaccines for this disease so prevention is key!

Precautions

- Avoid tick-infested areas (i.e. wooded or weedy areas).

- If exposure is unavoidable, tuck pants into sock tops or boots.
 - Wear light-colored clothing to make it easier to find crawling ticks.
 - Use repellents and follow label instructions carefully.
 - Check children for ticks frequently.
- Use caution when handling ticks and dispose of properly.

Dogs:

- Dogs can become infected with tick-borne diseases.
 - Dogs should be kept in well-mowed areas during tick season (April-September).
 - Treatments are available to control ticks on dogs. Always follow label instructions.
 - Inspect dogs for ticks every day. Ticks should be handled with caution and disposed of safely.
- Keep yard and outdoor play areas well mowed to discourage tick infestation.

Tick removal:

- If a tick is attached, remove it as soon as possible; this reduces your risk of infection.
 - Shield fingers with a paper towel or use tweezers. Grasp the tick close to the skin. With steady pressure, pull the tick straight up and out.
 - Do not twist or jerk the tick. This may cause the mouth parts to be left in the skin.
 - Do not crush or puncture the tick.
 - Do not use a flame or cigarette to remove a tick. This may cause the tick to burst and increase disease risk.
- After removing a tick, thoroughly disinfect the bite site and wash hands with soap and water.

Source: MedicineNet.com & Ohio Department of Health





KEEP KIDS LEARNING OVER THE SUMMER!



Infant Safe Sleep

Follow these tips and explore the rest of SafeSleep.Ohio.gov to learn *why* of the ABCs of infant safe sleep are safest for baby:



- The safest place for your baby to sleep is in the room where you sleep, but **not in your bed**.
- **Never place babies to sleep on adult beds, chairs, sofas, waterbeds, pillows, cushions or soft surfaces.**
- Dress your baby in sleep clothing, such as a sleep sack, and **do not use a blanket**.
- **Avoid letting the baby get too hot.** Keep room temperatures in a range comfortable for a lightly clothed adult.
- Infants should receive **all recommended vaccinations**.
- **Breastfeeding is recommended** to help to reduce the risk of SIDS.
- **Avoid smoke exposure** during pregnancy and after birth. Place the crib in an area that is always smoke free.
- **Supervised, awake tummy time** is recommended daily to facilitate development.
- Consider using a pacifier at

nap time and bed time, once breastfeeding is well established.

- Talk to those who care for your baby, including **child care providers, family, and friends, about placing your baby to sleep on his back for every sleep.**

- Obtain **regular prenatal care** to reduce the risk of SIDS even before birth.

Avoid alcohol and illicit drug use during pregnancy and after birth.

Source: Ohio Department of Health

Infant Safe Sleep



lone.



ack.



rib.

Baby sleeps safest alone, on their back, in a crib.