



# CAMPING HEALTH AND SAFETY TIPS

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Ah.....It's summer time again. Is your family planning any camping trips or is your child attending any overnight camping trips this year? Well, "Summer Camp Health and Safety Tips" is the article for you to read. Going camping is a great way to enjoy the outdoors with family and meet new friends. Just remember to stay healthy and have fun but always keep safety in mind.

Here are some summer camp health and safety tips:

- Get vaccinated. Your doctor can

recommend what shots are necessary that can help protect you from certain diseases and conditions.

- Pack foods such as nutritious bars in tight, waterproof bags. Wash your hands often or have hand sanitizers available if there is no water.
- Include safe physical activities such as walking, hiking, and swimming. Remember to bring protective gear, life jackets, etc. along on your trip. Remind children never to go anywhere by themselves.

- Apply insect repellents containing DEET. Wear long sleeves shirts, pants, and other light-colored clothing.
- Apply sunscreen with at least SPF 15 and UVA and UVB protection 30 minutes before going outside. Covering up with long-sleeved shirts and long pants as well as a hat and sunglasses can protect you from UV rays.
- Never ever swim alone. Stay out of the water if you have stomach pains, diarrhea or an open wound. Be sure to wear a life jacket if you get in/on any water vehicle such as a boat or jet ski.

The most important thing to remember is to be **PREPARED**. You never know when the unexpected will occur. Do your research about the campgrounds, check the weather before you head out and tell someone of your plan. Don't forget to include a first-aid kit, flashlights, radio, blankets, batteries, water, medications, etc.

Below are some links to resources:

<https://www.fs.fed.us/recreation/safety/safety.shtml>

<https://www.cdc.gov/healthywater/drinking/travel/>



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