It is important to have knowledge about different injuries and what steps to take if one should occur. This month’s topic covers burns, sprains/strains, and ticks.

### Water Safety
- **Boating**
  - Always wear a proper fitting life jacket.
  - Be familiar with boating state laws.
  - Ensure equipment is working.
  - Exercise good judgment.

- **Swimming**
  - Do not go in the water unless you know how to swim.
  - Make sure the body of water matches your skill level; swimming in a pool is much different than swimming in a lake or river, where more strength is needed.
  - The younger the child, the greater the risk
  - If you do get caught in a current, don’t try to fight it; stay calm and float with it, or swim parallel to the shore until you can swim free.

### Environmental Safety
- **Ticks**
  - Use tweezers to pull the tick out by the head.
  - Clean the area
  - Watch for symptoms of Lyme disease (redness, fatigue, stiffness, fever)

- **Poison Oak/Ivy**
  - Red rash
  - Possible bumps or patches
  - Swelling
  - Itching

- **Actions**
  - Immediately rinse skin
  - Apply wet compress or lotion
  - In severe cases, seek medical attention

### Health Safety
- **Sprain/Strain**
  - Rest – As soon as the injury occurs.
  - Ice – Reduces pain and swelling.
  - Compression – Decreases swelling.
  - Elevation – Decreases blood flow.

- **Burns**
  - Minor:
    - Cool the burn under cold water
    - Cover burn with a sterile bandage
  - Severe:
    - Get immediate medical attention
    - Check for responsiveness
    - Treat for shock by having the person lie on their back with elevated legs and maintain normal body temperature.

### Transportation Safety
- **Bicycling**
  - Inspect your bike prior to riding.
  - Make certain others can see you.
  - Wear a helmet, always.
  - Follow the rules of the road.

- **Skateboarding**
  - Inspect your skateboard prior to riding.
  - Protective equipment should be worn when skateboarding.
  - Learn to fall by relaxing, rolling, and landing on fleshy parts.

- **Pedestrians**
  - Head up, phone down.
  - If there is no sidewalk available, walk facing traffic.

For more information please visit National Safety Council (nsc.org) CDC.gov