



# What the Health!?

May 2023




## WHAT YOU EAT CAN HURT YOUR TEETH!

### LIMIT SUGARY FOODS & BEVERAGES!



## DON'T GET SICK FROM A TICK!

**WARM WEATHER MEANS BUG WEATHER!**  
**PROTECT YOURSELF THIS SUMMER FROM LYME DISEASE AND OTHER TICK-BORNE DISEASES!**

- WEAR INSECT REPELLENT TO KEEP TICKS AWAY!
- COVER UP WITH LONG PANTS AND TALL SOCKS.
- WEAR LIGHTER COLORS TO SEE TICKS EASILY.
- STAY ON A PAVED PATH AND OUT OF TALL GRASS.
- CHECK YOUR BODY FOR TICKS AFTER BEING OUTSIDE.
- TAKE A SHOWER TO WASH TICKS OFF YOUR BODY.
- REMOVE TICKS WITH FINE TIP TWEEZERS.
  - NEVER USE PETROLEUM OIL, OPEN FLAMES, OR ANYTHING ELSE THAT WILL AGGRAVATE THE TICK.
- CALL YOUR HEALTH CARE PROVIDER IF YOU GET A FEVER OR RASH FOLLOWING A TICK BITE.

## Prevent Hot Car Deaths!

- Leave pets home on hot days.
- Look before you lock.
- If you see a child or pet in an unattended vehicle, don't leave until the situation is resolved!

| outside F° | inside F° |         |
|------------|-----------|---------|
|            | 10 mins   | 30 mins |
| 70°        | 89°       | 104°    |
| 75°        | 94°       | 109°    |
| 80°        | 99°       | 114°    |
| 85°        | 104°      | 119°    |
| 90°        | 109°      | 124°    |
| 95°        | 114°      | 129°    |

Leaving the windows open has **little effect** on how hot it is inside the car.

