

JUNE 2025

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WINNEBAGO
COUNTY EMPLOYEE

WELLNESS

Summer Safety

Summer in Wisconsin is such a fun time of the year. Whether you like to soak up the sun on the water, hike, camp, fish, hang by the pool, garden or just read in your back yard, summer has something for everyone. So how do you make the most of your time outdoors while keeping yourself safe and healthy? Being outdoors in Wisconsin comes with its own set of unique risks. Hopefully the tips we share this month can help you and your families make the most of our amazing, yet short summer.

Summer TIME



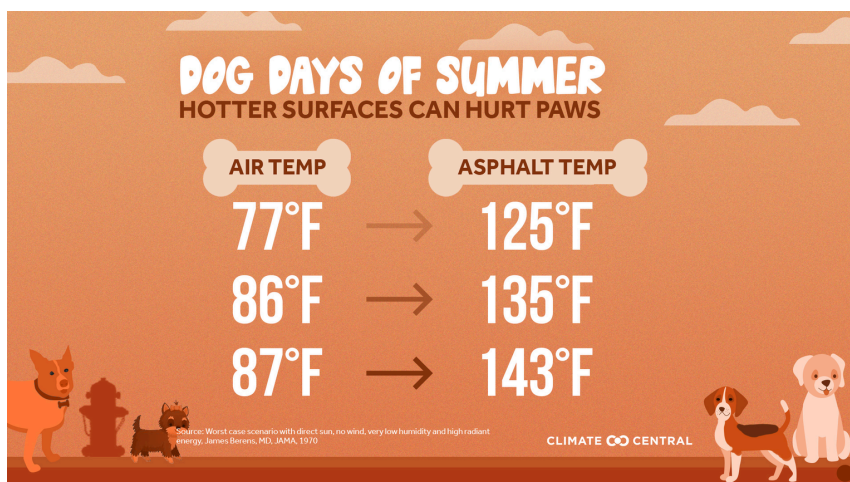
Beat the Heat!

While spending time outside on a nice sunny day may seem like the perfect way to spend a summer day, you need to keep an eye on the heat. Heat illnesses are common in the summer. Heat exhaustion and

heat stroke are common, yet serious heat related illnesses. This website from the National Safety Council has some good information about the differences between heat stroke and heat exhaustion, what to look for and how to help someone experiencing either. Some things you can do to prevent heat related illnesses are making sure you are drinking lots of water. Water is the best for your body in the heat. Sugary drinks, caffeine, soda and alcohol all dehydrate the body making heat related illnesses more severe. Avoid spending time outside at the warmest parts of the day, use a hat and sunscreen,

For more tips go to: <https://www.nsc.org/community-safety/safety-topics/seasonal-safety/summer-safety/heat>

NEVER leave children or pets in cars! A child's body heats up 3-5x faster than an adult's and it only takes 10 minutes for the temperature to rise more than 19 degrees!



Give your furry friends a break from walking on asphalt in the summer. Try letting them play on grass, walking at night if it is safe, going to a dog park, and make sure they are drinking lots of water.

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Here are some other ways to make sure you can enjoy your summer to the fullest, and avoid illness and injury

- **Grill smart!** Keep uncooked meats away from ready to eat foods, like sides, vegetables, fruit, cheeses and desserts. Use separate plates and utensils to avoid cross contamination. WASH YOUR HANDS. Never leave a lit grill unattended.
- **Avoid the ITCH-** To keep away mosquitoes and ticks that can transfer diseases to humans and pets, use insect repellent that contains DEET. Stay on trails and out of long grasses, and be checked over for ticks when returning from the outdoors. Get rid of any standing water near your home which could be breeding sites for mosquitoes.
- **Wear sunscreen and sunglasses-** Use a broad spectrum sunscreen with an SPF greater than 15 to avoid skin cancer. Only broad spectrum sunscreens help protect us from skin cancer and early signs of aging caused by the sun. Broad spectrum offers protection from both UVA and UVB rays. No sunscreen is completely waterproof, so if you are in the water, reapply more often.
- **Bike, scooter, skateboard, motorcycle safely-** WEAR A HELMET! By wearing a helmet you reduce the risk of head injuries by 60-70%, and traumatic brain injuries by 88%! Even going a short distance, kids and adults should wear a helmet every time you are enjoying a wheeled ride. For tips about selecting a proper helmet go to <https://www.cdc.gov/heads-up/safety/index.html>
- **Keep an eye on the sky!-** We all know how strange Wisconsin weather can be and how quickly it can change. Wisconsin is known for summer storms that can pop up out of nowhere. If you have plans outdoors, check local weather stations ahead of leaving. Have a weather radio handy and sign up for text alerts for severe weather. Know where to go in case of storms and severe weather. Stay off the water if there is a storm threat, and pay attention to weather alerts. Check what the local radio stations are near you if you are traveling, and know who your contacts are in the event you are caught in a storm.

Did You Know?

Every day, an average of 11 people in the United States die from unintentional drowning and 1 in 5 of those are children.

(American Red Cross)

Never leave children unattended near water. It only takes a few seconds and a small amount of water for drowning to happen



Wheel into summer, but do it safely. Each year in the U.S., bicycle accidents account for 130,000 emergency department visits; skateboards, 200,000 visits; ATVs, 100,000 visits; and motorcycle accidents, 82,000 visits

For more info about summer safety check out:

<https://www.mayoclinichealthsystem.org>
<https://www.redcross.org>
<https://www.ncs.org>
<https://www.nsc.org>



Contact Info

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