



Delaware County Public Health

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Springtime Outdoor Safety

Beware of Bugs

Mosquitoes, ticks, and other insects thrive in warmer weather and can transmit West Nile virus, Lyme disease and other illnesses.

- External Resource: [It's Open Season on Ticks! \(CDC\)](#)

West Nile prevention measures include:

- Use appropriate insect repellent. DEET containing products are the most effective mosquito repellent and safe for children over 2 months of age. **DO NOT** use DEET products on children under 2 months of age.
- Avoid being outdoors during the mosquito-biting hours of dusk to dawn.
- Eliminate mosquito breeding sites that may collect in standing water, such as old tires, buckets, pet dishes, etc.
- Wear long-sleeved shirts, pants, shoes, and socks whenever possible outdoors.
- External Resource: [West Nile Virus \(CDC\)](#)

Lyme disease prevention measures include:

- Wear light-colored clothing to easily see ticks crawling on you.
- Avoid tick-infested areas, especially places with leaf-litter and high grasses
- Use appropriate insect repellent.
- Products which contain permethrin are recommended for use on clothing. Permethrin-treated clothing repels and kills ticks and mosquitoes and retains this effect after repeated laundering.
- After being outside, shower as soon as possible and check your body, family and pets for ticks.
- External Resource: [Prevent Lyme Disease \(CDC\)](#)

Safe Outdoor Dining

Nothing says warm weather like the smoky flavor of foods cooked out on the grill.

- When grilling, use a meat thermometer to ensure meat and poultry are properly cooked.
- Keep cooked meat and raw meat separate to avoid cross-contamination.
- When taking foods off the grill, do not put cooked food items back on the same plate that held raw food, unless it has been washed with hot water and soap first.
- Always keep cold foods cold and hot foods hot.
- Refrigerate leftovers promptly.