

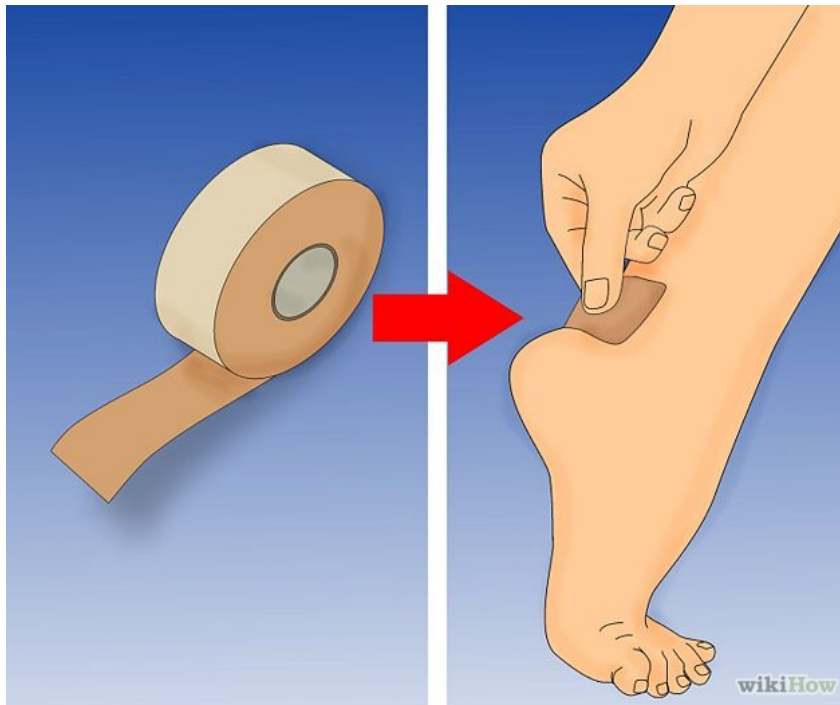
OUTDOOR INJURIES

How to prevent blisters

- Make sure to wear in your shoes or hiking boots
- If you get a sore spot, put a bandaid on to protect from more rubbing

How to treat blisters

- If you get a blister, it is better to let it heal on its own instead of popping it.



How to prevent bites and ticks

- **Wear light-colored, loose-fitting clothing** when outside. You'll lower your chances of popping up on a mosquito's radar, as these bugs are attracted to dark colors and easily bite through tight clothing. Also avoid wearing bright or floral patterns, as resembling a scrumptious flower can make you attractive to bees and wasps. Ticks are also easier to spot on light clothing
- Prevent ticks by wearing long pants tucked into your socks, tuck in your shirt, and stay on the path.
- Do a tick check after being outdoors

How to treat bug bites

1) Clean the bite area with rubbing alcohol, alcohol wipes, or plain water.^[3]

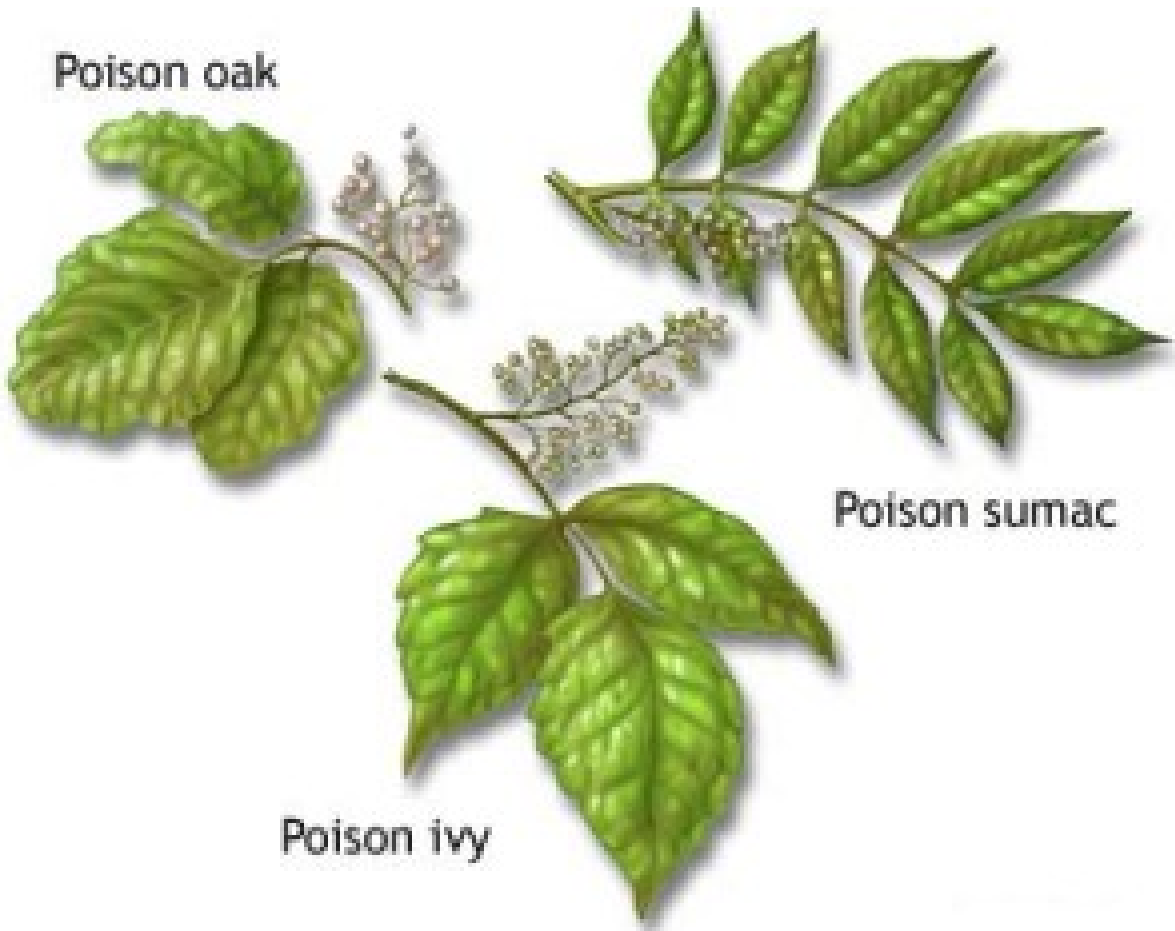
2) Mix baking soda (bicarbonate of soda) and warm water:

- One tablespoon to one pint of water is a good ratio to use.
- Gently apply to the affected area. Use your clean fingers (not the dirty ones), a cotton swab or a popsicle stick to apply.
- Leave on for a few minutes, then wash off with warm water.^[8]

3) If you have a tick, call your doctor for instructions.

How to Identify Poison Ivy

Leaves of three



Poison oak

Poison sumac

Poison ivy



How to Prevent Heat Stroke

- **Wear loosefitting, lightweight clothing.** Wearing excess clothing or clothing that fits tightly won't allow your body to cool properly.
- Wear **light-colored clothing** if you're in the sun. Dark clothing absorbs heat. Light-colored clothing can help keep you cool by reflecting the sun's rays.
- **Drink plenty of fluids.** Staying hydrated will help your body sweat and maintain a normal body temperature. Mayo Clinic

How to Treat Heat Stroke

- Call 911 if heat stroke is suspected.

How to Prevent Frost Bite

- **Dress in several layers of loose, warm clothing rather than a single layer.** Air trapped between the layers of clothing acts as insulation against the cold. Wear windproof and waterproof outer garments to protect against wind, snow and rain.

Choose undergarments that wick moisture away from your skin.

- **Wear a hat that fully covers your ears.** Heavy woolen or windproof materials make the best headwear for cold protection.
- **Wear mittens rather than gloves,** which provide better protection.
- **Watch for signals of frostbite.** Early signs of frostbite include redness, prickling and numbness.

How to Prevent Frost Bite

- **Get out of the cold.** Once you're indoors, remove wet clothes.
- **Gradually warm frostbitten areas.** Put frostbitten hands or feet in warm water — 104 to 107.6 F (40 to 42 C). Wrap or cover other areas in a warm blanket. Don't use direct heat, such as a stove, heat lamp, fireplace or heating pad, because these can cause burns.
- **Know what to expect as skin thaws.** If the skin turns red and there's a tingling and burning sensation as it warms, circulation is returning. But if numbness or sustained pain remains during warming or if blisters develop, seek medical attention. Mayo Clinic