



A Guide To
Outdoor
Safety & Health





Presenters:

Gabriella Pandolfelli, Graduate Student, Master of Public Health

Gwenyth Mercep, Undergraduate Student, Bachelors of Science in Health Science

Philip Massaro, Nursing Student, Bachelors of Science in Nursing

Contributors to Presentation:

- Lisa A. Benz Scott, PhD, Professor and Director, Program in Public Health
- Mary Ellen LaSala, PhD, RN, Chair of the Department of Undergraduate Studies, School of Nursing
- Carol Della Ratta, PhD, RN, Associate Dean for Academic Affairs and Strategic Partnerships, School of Nursing
- Leah Topek Walker, LCSW, Field Education Coordinator, School of Social Welfare
- Jessica Koos, MLS, Health Sciences Librarian, School of Medicine, Program in Public Health, Biomedical Informatics



Gabriella Pandolfelli has completed her first year as a Master's in Public Health Student concentrating in Health Policy and Management. She is the program coordinator for the Healthy Libraries Program.



Philip Massaro is a senior in the School of Nursing at Stony Brook University working toward becoming a Nurse. Certified as a Health Education Specialist, AHA CPR Instructor, NYS Firefighter and Critical Care EMT.



Gwenyth Mercep is a junior studying health science at Stony Brook University with professional interests in epidemiology. She is a research writer for the scientific review on campus and a health equity intern currently organizing COVID-19 response strategies at the NYC Department of Health and Mental Hygiene.



Stony Brook Medicine's Healthy Libraries Program (HeLP) is a partnership with the Public Libraries of Suffolk County, the Suffolk Cooperative Library System Outreach Services Department, and is supported in part by the American Heart Association of Long Island.

The program is an interdisciplinary team of public health, nursing, and social work students whose aim is to:

- Provide evidence-based health information, screening, and case management to a diverse community of patrons in the public library setting.
- Refer patrons to promote access to appropriate health and social services programs locally that will address their health and social support needs.
- For students to experience an interprofessional team and demonstrate the core competencies based on the Interprofessional Education Collaborative (IPEC).



Learning Objectives for this Session:

By the end of the webinar participants will be able to:

- Identify a safe place to go during a lightning storm
- Identify how to run/walk/jog safely
- Identify how to keep children safe around water
- Identify the three components of broad-spectrum sun protection
- Identify three common poisonous plants and prevention/treatment options
- Identify three EPA registered insect repellents
- Identify how to remove a tick properly
- Identify the proper way to ride a bicycle
- Identify ways to minimize pollen allergies
- Identify symptoms of heat-related illness



- Outdoor Safety Introduction (1-6)
- Preparing for Outdoor Activities (7-10)
- Outdoor Weather Safety (12)
- Walking, Running & Hiking Safety (13-18)
- Camping Safety (19-20)
- Bicycling Safety (21-22)
- Swimming Safety (23-26)
- Canoeing and Kayaking Safety (27-29)
- Sun Safety & Sunscreen Application (30-34)
- Skin Injuries (35-36)
- Bug and Plant Protection (37-45)
- Pet Protection (46)
- Pollen & Allergies (47-48)
- Health and Safety in the Heat (49-52)



Is it safe to be outside?

- In general, the closer and longer you interact with others, the greater the risk of COVID-19 spread.
- While being outdoors and in other well-ventilated spaces decreases your risk of getting Covid-19, precautions should still be taken.

How to be safe outside?

- Practice everyday preventive actions if you decide to engage in public activities. These include frequent hand-washing, wearing a face cover, and avoiding close distance (under 6 feet) to those you don't live with.
- Try to keep these items on hand when venturing out: a face covering, tissues, and a hand sanitizer with at least 60-70% alcohol.
- While venturing out, you should understand your local mandates and consider your own personal situation and the risk for you, your family, and your community.



- Spending time outside can help improve your physical, mental, and emotional wellbeing.
- Being outside can lower heart rate, stress, and anxiety levels and help improve mood.
- Outdoor fitness activities are fun ways to enjoy nice weather and share time with family and friends.



Image taken from:

<https://keepnaturewild.com/blogs/journal/health-benefits-of-being-outside>



- Long periods of sun exposure can lead to painful sunburns.
- Not using repellent can lead to bug bites and potential diseases.
- A lot of walking, running or other physical activity with friction can cause chafing and blisters.
- Oils from some plants can lead to a rash and irritation.
- Long periods of time in the sun can cause heat exhaustion and other heat related illness.



Before any outside physical exertion:

- Stretch
- Drink water
- Try to do outdoor activities in groups
- Follow the rules of road
- Wear a helmet
- Wear a lifejacket for water activities
- Wear sun protection



Image taken
from: <https://steemit.com/fitness/@george-topalov/the-importance-of-a-warm-up-before-exercise>



In every walk in
with nature
one receives far more
than he seeks.
John Muir



Lightning

Do's and Don'ts

Do

Go Inside When You Hear Thunder or See Lightning!

Find a Sturdy House, Building, Car With A Hard-Top Roof

Stay Indoors For at Least 30 Minutes After You Last Hear Thunder



Don't

Retreat to Dugouts, Sheds, Pavilions, Picnic Shelters or Other Small Structures

Use or Touch Electronics, Outlets, or Corded Phones

Go Under or Near Tall Trees, Swim or Be Near Water, Be Near Metal Objects or Windows





With many working from home more people are going for walks around their neighborhood. To avoid getting injured:

- Walk on the sidewalk/ if there is no sidewalk, walk facing traffic.
- Obey all traffic signs and signals.
- Avoid alcohol and drug impairment.
- Watch for cars entering or exiting driveways or backing up in parking lots.
- Children younger than 10 should cross the street with an adult.



WALK THIS WAY



PennDOT.gov

Pedestrian Safety Tips



Unplug

Don't be a distracted walker.



Make eye contact

Don't walk until traffic stops.



Be bright

Wear reflective clothing at night.



Never Jaywalk

Use crosswalks and intersections.



Stay Alert

All the way across the intersection.



Watch for turning

Vehicles of all kinds.



When running remember to:

- Go with a partner.
- Run against traffic and obey all traffic signs and signals.
- Warm up before starting to run or jog.
- Stop right away if you notice muscle pain.
- Choose shoes that absorb shock and provide good support.
- Avoid cotton socks.
- Carry a cell phone.



When hiking make sure to:

- Have a partner.
- Warm up before you start.
- Pace yourself & take frequent rests if you need to.
- Plan the trip ahead of time.
- Wear waterproof boots.
- Avoid days with extreme weather or temperatures.
- Stay hydrated and pack snacks.
- Stay on the trail.



TELL SOMEONE WHERE YOU ARE GOING AND WHEN YOU EXPECT TO BE BACK



Create a plan for your trip.

Include the destination, the route, when you are starting, and when you expect to return.



Talk to someone about your plans.

Make sure the person is responsible and trustworthy, such as a family member or good friend, and that they will call authorities if you do not return by the specified time.



Be as detailed as possible.

Don't just say "I am going for a hike in Golden Ears". Tell them which trail and be specific. The wilderness is big.

WEAR PROPER FOOTWEAR AND CLOTHING



Invest in a good pair of hiking shoes. You may be hiking on rough terrain, requiring good grip, good support, and a sturdy shoe that holds up while in the wilderness.

Running shoes are meant for running on pavement and will not hold up on long hikes with rough terrain. They may also lead to injuries, such as twisted ankles or worse.

Wear proper clothing based on the weather conditions and trail conditions.

Weather conditions can change quickly. Rain, wind, or changes in temperature can have an adverse effect if you do not have the proper clothing.

Always pack extra to be prepared.



DO NOT EXPECT CELL PHONE RECEPTION

Did You Know?

Some trails that are less than 2km from houses in Metro Vancouver have no cell phone service.



Do not rely solely on technology such as your GPS or phone, as nothing replaces basic map skills.

Bring a printed map and compass and know how to use both.

Consider taking a course to practice your navigation skills.



BRING A FLASHLIGHT

Lack of light is the most common reason for overdue hiker calls.

Although the sun may set at a certain time, darkness can occur earlier on a trail if the sun drops behind a mountain or the trail is covered with thick forest.

Remember to always pack the "10 Essentials."

Quick Tip

Take a headlamp instead and keep your hands free.





- Pack a first aid kit/ emergency supplies.
- Before you leave, check the weather report.
- Avoid areas of natural hazards.
- Inspect the site.
- Build fires in a safe area.
- Pitch your tent in a safe spot.
- Be cautious when using propane.
- Beware of encountering wildlife.



Image Retrieved from:

<https://www.goodhousekeeping.com/life/parenting/g27287900/best-camping-games-activities/>



CAMPING SAFETY



1 KEEP TABS ON THE WEATHER

- ✓ Keep an eye on the weather forecast prior to your trip
- ✓ Pack for inclement weather regardless of forecasts.
- ✓ Only 33% of campers plan their trips at least one month in advance - practice being a proactive camper



2 CHOOSE YOUR SHELTER AND SITE

- ✓ Determine what gear you need based on your site choice
- ✓ Consider your age, physical limitations and medical needs, as well as those of your group.
- ✓ Determine what amenities are necessary and whether you should stay in a tent, cabin or RV.



3 BE AWARE OF WILDLIFE

- ✓ Store food in your car, a bear-safe canister or a food storage locker so as not to attract animals
- ✓ Avoid touching and feeding wild animals
- ✓ If you do touch wildlife, wash your hands or use a hand sanitizer with an alcohol concentration that contains at least 60% alcohol





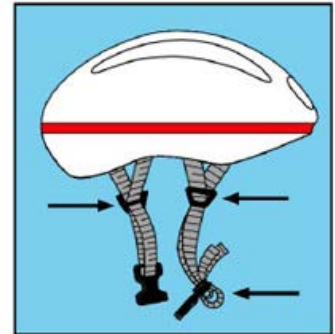
Safety Tips for Bicycling

Safe Riding Tips

- Wear a properly fitted bicycle helmet.
- Adjust your bicycle to fit you.
- Check your equipment.
- Wear reflective material/colors.
- Avoid riding at night.
- Control your bicycle. Avoid dangerous riding.
- Watch for and avoid road hazards.



Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.



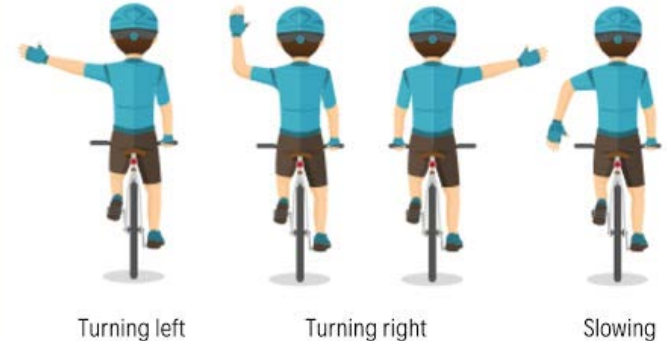
Safety Tips for Bicycling

Rules of the Road – Bicycling on the Road

- Ride single file in the direction of traffic.
- Watch for car doors.
- Be careful at intersections.
- Use hand signals to alert others to your turns.
- Yield to traffic when appropriate.
- Stay alert at all times!
- Watch for parked cars.
- Practice riding your bike in car free areas before venturing onto roads.

BIKE SAFETY TIP #2

Use hand signals to show your intentions
and ride in a predictable fashions.



Artwork courtesy of ilovebicycling.com

Image taken from:

<http://www.southbaybicyclecoalition.org/2018/11/13/top-bike-safety-tips/>



Water Safety

Water is the driving force of all nature.
– Leonardo da Vinci

If there is magic on this plant,
it is contained in water.
– Loren Eiseley



Water safety is important for children because drowning can occur in only a few seconds.

- Never leave a young child unattended near water.
- Appoint a “designated watcher” to monitor children during social gatherings at or near pools.
- Make sure everyone learns how to swim at an early age.



- If you have a pool, secure it with appropriate fencing.
- Avoid distractions when supervising children around water.
- Be sure to educate yourself and enroll in a child safety/ first aid and CPR Course.



Image taken from:
<https://clearcomfort.com/blog/10-tips-for-teaching-your-children-to-swim/>



- Children and adults should always wear properly fitted life jackets when going into deep water.
- At the ocean, only swim in front of a lifeguard on duty.
- Never dive into shallow water or an unknown body of water.
- Drink plenty of water regularly.
- Be sure to educate yourself and enroll in a safety/ first aid and CPR Course.



Image taken from:
<https://www.safetysign.com/products/10029/danger-shallow-water-no-diving-sign>



Canoe and Kayak Safety:

- Depending on the current, some stretches of water can be slower or faster.
- A strong wind can slow down your rate of speed.
- Make sure you know the abilities of each paddler in your group so the slowest can set the pace.
- Scheduled breaks
 - Planning to stop for picnics or fishing? Be sure to plan accordingly!
 - For further information visit the National Parks Service Website at www.nps.gov



Canoe and Kayak Safety:

- Depending on the level water, paddling can be hard.
- Let people know when and where you are canoeing and kayaking in case something happens.
- Cold water can lead to hypothermia – try to pack a spare set of clothing in case you get wet.



Image taken
from: <https://www.globosurfer.com/kayak-vs-canoe-big-differences/>



Paddling Safety Tips:

- Always wear a life jacket.
- Make sure your life jacket fits properly.
- Kneel, don't stand, in the bottom of the canoe while in areas of rough water for stability.
- Always follow the easiest route.
- Do not tie canoes together.
- If you capsize, stay upstream of your vessel; it will float.



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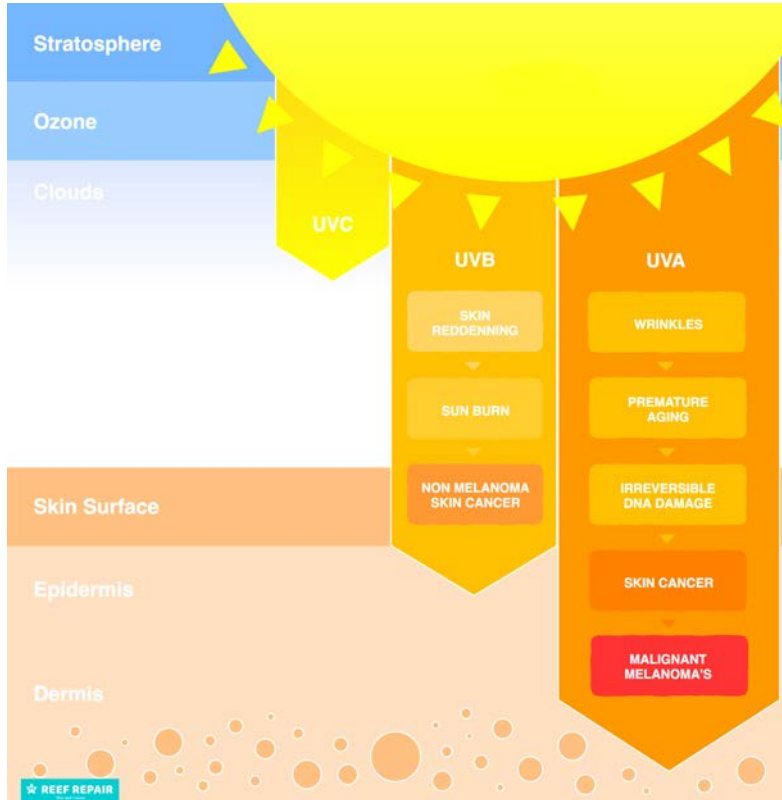
Sun Protection



- Sunscreen works by blocking and absorbing UV rays through a combination of physical and chemical particles.
- Physical particles, such as zinc oxide and titanium dioxide, are used to reflect UV radiation from the skin.
- Chemical ingredients in sunscreen react with the sun before it penetrates the skin.
- Use at least SPF 30. Aim for SPF 50 or higher if your skin is sensitive or have a history of skin cancer in your family.



How Does Sunscreen Work



Blocks about **93%** of UVB rays



Blocks about **97%** of UVB rays



Blocks about **98%** of UVB rays



Blocks about **99%** of UVB rays

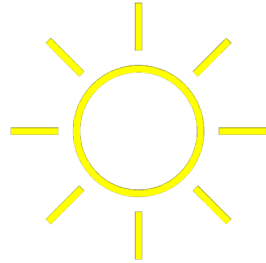
Images taken

from: <https://www.safehome.org/resources/outdoor-safety-health-guide/>

<https://www.reefrepair.com/shop/sunscreen/reef-safe-sunscreens-120ml-spf-50/>




- Seek shade – during midday from 10 am to 4 pm
- Be careful and aware of surfaces that can reflect the sun.
- Wear hats with a wide brim and sunglasses.
- Wear a long-sleeved t-shirt and pants or a long skirt when possible.
- Apply a thick layer of broad-spectrum sunscreen.
- For sunburns use aloe-vera and moisturize the skin.






- Not applying enough/ Not reapplying.
- Thinking it's not necessary if you have darker or tanned skin.
- Forgetting to apply it in certain areas.
- Using expired sunscreen.
- Thinking sunscreen is okay for babies.

Common Sunscreen Mistakes

 eclipse^{Rx}™

SUNSCREEN APPLICATION TIPS



1 OZ. RULE

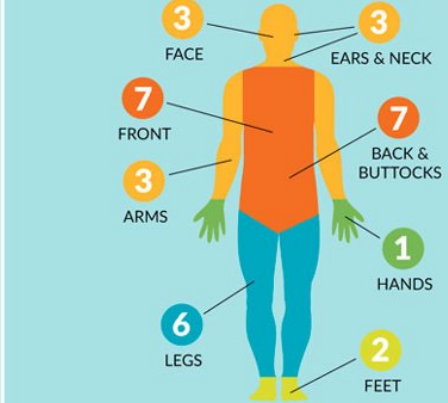
When you are at the beach or pool and are exposed to continuous sunlight the appropriate amount of sunscreen that should be applied to your skin is 1 oz. which equals a shot glass worth.

You should reapply this amount every 1 to 2 hours.

FINGERTIP APPLICATION GUIDE

1 Finger Tip Unit (FTU) of sunscreen is equal to the amount of lotion applied from the tip to the first joint of your index finger, as illustrated in the image on the left.

DIAGRAM BELOW SHOWS NUMBER OF FTUs OF SUNSCREEN TO APPLY TO THE DIFFERENT PARTS OF YOUR BODY



Body Part	Number of FTUs
FACE	3
EARS & NECK	3
FRONT	7
BACK & BUTTOCKS	7
ARMS	3
HANDS	1
LEGS	6
FEET	2



What is a blister?

- A blister is a bubble on the skin containing fluid.
- Blisters are usually circular in shape with clear or bloody fluid inside.

What causes blisters?

- Blisters can be caused by bug bites, repetitive rubbing or friction, temperature extremes, and pinched blood vessels.

Can you describe a blister?

- These painful skin irritations can begin anywhere on the body where body parts rub together or rub against clothing.



To prevent blisters on the hands:

- Wear gloves if you work outside with tools or play certain sports.

To prevent blisters on the feet:

- Break in your shoes and lace up your shoes so your ankles don't move.
- Change socks often and wear wool or synthetic socks that are moisture wicking.
- Cover trouble spots with moleskin, padding, tape, or friction management patches.

To treat a blister:

- Cover the blister.
- Use padding to protect blisters in pressure areas.
- Avoid popping or draining a blister.
- Keep the area clean and covered. Once the blister has drained on its own, wash the area with soap and water.



- Most problems with poisonous plants come from contact with the sap oil.
- The most encountered poisonous plants are poison ivy, poison oak, and poison sumac.



Image taken
from: https://www.emedicinehealth.com/allergy_poison_ivy_oak_and_sumac/article_em.htm



Why does exposure cause a rash?

- The rash caused by the plant is an allergic skin reaction to an oil found in all the parts of the plant from leaves, stems, roots and berries.

How do you get exposed?

- Touching any part of the plants.
- Touching pets, animals, clothing or objects that have contacted the plants.

What to look for:

- Exposure to these can cause an itching skin rash that appears in 24-72 hours.
- Rash usually starts as small red bumps and later develops into blisters.



Prevention?

- Clean contaminated objects immediately after contact.
- Wash your skin within 30 minutes after exposure, use soap and water to gently wash off the oils from your skin.
- Even washing after an hour or so can help reduce the rash.

Treatments?

- Apply over-the-counter corticosteroid cream or calamine lotion.
- Soak in cool-water bath containing oatmeal-based bath product.





- Bugs, including mosquitoes, ticks, and some flies, can spread diseases such as malaria, yellow fever, Zika, dengue, and Lyme; all of which have risk of severe and lasting effects.
- Many diseases spread by bug bites **cannot** be prevented or treated with vaccines or medicine, such as Zika, dengue, and Lyme. Reduce your risk of getting these diseases by taking steps to prevent bug bites.



Image
taken from: <https://www.cdc.gov/features/stopmosquitoes/index.html>



- Using insect repellent to protect yourself.
- Use EPA-registered insect repellents with one of the following active ingredients:
 - **DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone.**
- Reapply the repellent as directed and if you are also using sunscreen, **apply sunscreen first**, and insect repellent second.
- Protecting the skin with high socks, long sleeves and pants can also be effective at reducing bug bites.



• Insect repellent brands with the mentioned active ingredients include but are not limited to:



Images taken
from: <http://www.repel.com/products/personal-repellents/alternative-solutions/lemon-eucalyptus.aspx>
<https://www.walmart.com/ip/Sawyer-Products-20-Picaridin-Insect-Repellent-4-Oz/21811662>
<https://www.today.com/shop/5-mosquito-repellents-best-protect-against-zika-virus-consumer-reports-t72761>



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PREVENT LYME DISEASE!

- WEAR REPELLENT
- CHECK FOR TICKS DAILY
- SHOWER SOON AFTER BEING OUTDOORS
- CALL YOUR DOCTOR IF YOU GET A FEVER OR RASH



For more information:
www.cdc.gov



It's Lyme Time!



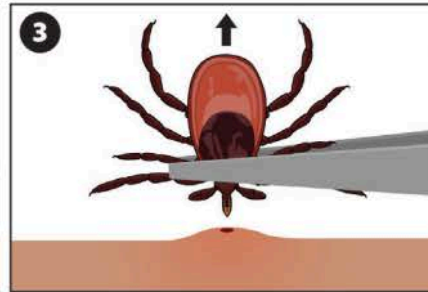
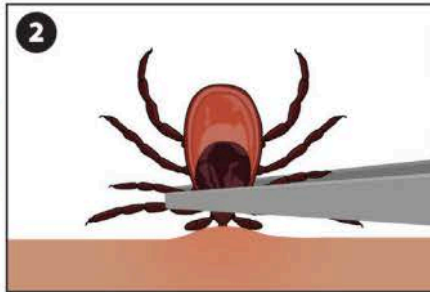
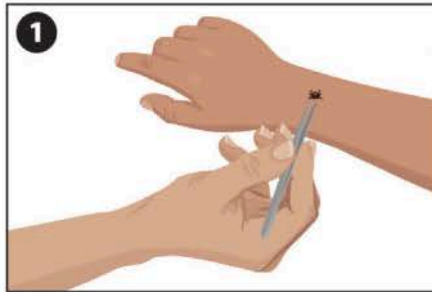
Protect Yourself Against Lyme Disease

- 1** Walk in the middle of trails; avoid sitting on logs and leaning on trees.
- 2** Wear a hat, tuck in hair, if possible.
- 3** Wear a long-sleeved shirt fitted at the wrist.
- 4** Wear shoes, no bare feet or sandals.
- 5** Wear long pants tucked into high socks or duct tape around pants.
- 6** Consider Deet for skin and permethrin for clothes.
- 7** Wear white or light-colored clothing to make it easier to see ticks.
- 8** Do tick checks immediately and 3 days after outdoor activity.
- 9** If you find a tick, remove it carefully and save it.
- 10** Ask your veterinarian about protection for your furry friends.





1. Use fine-tipped tweezers to grasp the tick as close to the skin as you can.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick.
3. After removing the tick, clean the bite area and your hands with rubbing alcohol or soap and water.
4. Dispose of the tick by flushing it down the toilet. If you would like to bring the tick to your healthcare provider for identification, put it in rubbing alcohol or place it in a sealed bag/container.





Stony Brook Medicine

Stony Brook Medicine Lawn and Garden Care to Prevent Ticks and Mosquitoes



When spraying you can use organic or synthetic chemicals.

Organic controls may not be as potent as synthetic chemicals and may need to be sprayed more often.

Before spraying yourself
consider contacting a
professional.



- Clip or shave dogs with long coats.
- **Never** leave your pet in the car alone.
- Has unlimited access to fresh water and to shade when outside.
- Take walks during the cooler hours of the day.
- Keep your animal free of parasites (fleas, ticks, and heartworms) by consulting your veterinarian about the best product for your pet.



Images taken from: <https://www.puppyleaks.com/make-your-dog-happy/> <https://www.texasmonthly.com/the-culture/should-you-shave-your-dog-in-the-summertime/>



What are allergies?

- Allergies can begin when your immune system reacts to something unusual.
- Your body helps to protect itself by causing a reaction. This can lead to many symptoms of sneezing, stuffy nose and watery eyes.
- Many people have seasonal allergies, which can change based on the weather.

What is a pollen allergy?

- Pollen is a very fine powder produced by trees, flowers and grasses.
- Pollen is one of the most common causes of allergies.



Check the weather for high pollen counts & take extra steps:

- Stay indoors on dry, windy days.
- Remove clothing you have worn outside and shower.
- Don't hang laundry outside.
- Keep indoor air clean. Close doors and windows at night when pollen counts are high (Dawn & Dusk).
- Be sure to see your doctor if your symptoms continue to worsen.

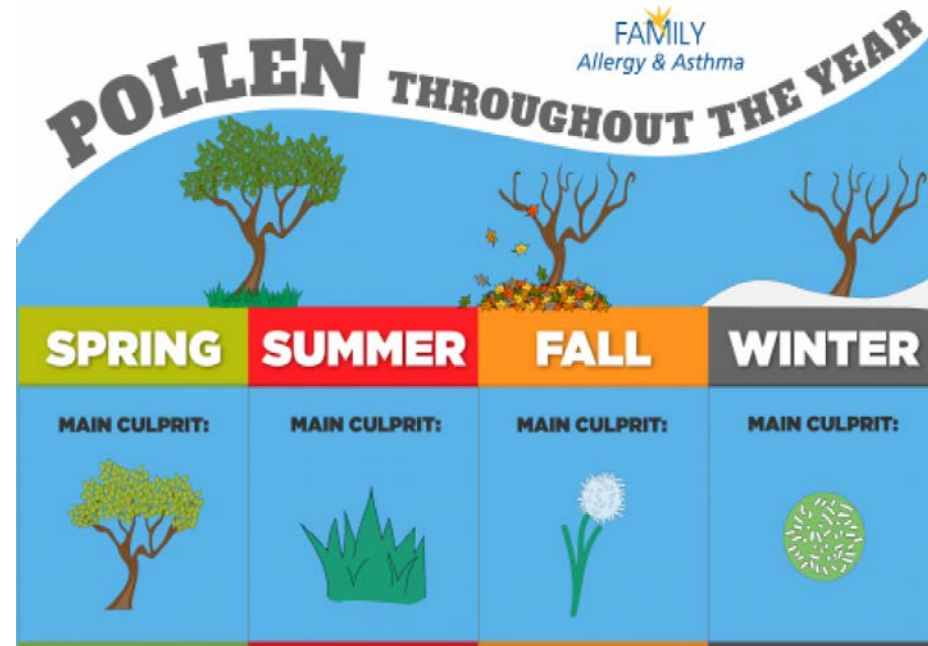


Image taken from:

<https://www.familyallergy.com/general/pollen-throughout-the-year/>



Heat Stroke

WHAT TO LOOK FOR:

- High body temperature (103°F or higher)
- **Hot & red skin**- Fast, strong pulse
- Nausea/ Dizziness/ Confusion

WHAT TO DO

- Call 911 right away-heat stroke is a **medical emergency**
- Move the person to a cooler place- lower the person's temperature with cool cloths
- **Do not** give the person anything to drink

Heat Exhaustion

WHAT TO LOOK FOR

- Heavy sweating
- **Cold, pale, and clammy skin**-Fast, weak pulse
- Nausea/ dizziness/ weakness
- Muscle cramps

WHAT TO DO

- Move to a cool place- apply cool cloths on body & sip water

Get medical help right away if:

- Your symptoms last longer than 1 hour



Heat Cramps

WHAT TO LOOK FOR

- Heavy sweating during intense exercise
- Muscle pain or spasms

WHAT TO DO

- Stop physical activity and move to a cool place
- Drink water or a sports drink

Get medical help right away if:

- Cramps last longer than 1 hour



Heat-Related Illnesses

Heat Rash

WHAT TO LOOK FOR

- Red clusters of small blisters. Usually on the neck, chest, groin, or in elbow creases (pictured).

WHAT TO DO

- Stay in a cool, dry place
- Keep the rash dry and use powder

Image taken
from: <https://www.webmd.com/skin-problems-and-treatments/understanding-heat-rash-basics>



Why pack a first aid kit?

- Your first aid kit can be very important if you or someone else suffers a cut, bee sting or allergic reaction.

Where can you get a first aid kit?

- Local retail stores and pharmacies (Ex. Walmart, CVS and Walgreens)
- Online sites (Ex. Amazon, American Red Cross, American Heart Association)



What should be in a first aid kit?

- 25 adhesive bandages (many sizes)
- 1 tape (10 yards x 1 inch)
- 5 antibiotic ointment packets
- 5 antiseptic wipe packets
- 1 emergency blanket
- 1 cold compress
- 1 hot compress
- 2 pairs of nonlatex gloves
- 5 gauze pads
- 2 triangular bandages
- Tweezers



[Building a first aid kit.](#)



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