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# The Safety Express Newsletter

## Open Water Safety Checklist

- \* Watch kids
- \* Choose a Water Watcher.
- \* Teach children how to swim.
- \* Make sure kids learn water survival skills. Children should be able to do these five things:
  1. Step or jump into water over their head and return to the surface.
  2. Turn around in the water and orient to safety.
  3. Float or tread water.
  4. Combine breathing with forward movement in the water.
  5. Exit the water.
- \* Teach children that swimming in open water is different from swimming in a pool.
- \* Use designated swimming areas and recreational areas whenever possible. Look for posted signs about open water hazards. Also look for signs that say when lifeguards will be present.
- \* Wear an approved life jacket when boating or participating in other water activities.
- \* Learn basic water rescue skills and CPR.

For the full document go to: [https://www.safekids.org/sites/default/files/documents/2018\\_open\\_water\\_safety\\_checklist\\_0.pdf](https://www.safekids.org/sites/default/files/documents/2018_open_water_safety_checklist_0.pdf)

## Quick Tips for Picnic Site Preparation

Food safety begins with proper hand cleaning—including in outdoor settings. Before you begin setting out your picnic feast, make sure hands and surfaces are clean.

- ◆ Outdoor Hand Cleaning: If you don't have access to running water, use a water jug, some soap, and paper towels. Or, consider using moist disposable towelettes for cleaning your hands.
- ◆ Utensils and Serving Dishes: Take care to keep all utensils and platters clean when preparing food.

For more information go to: <https://www.fda.gov/food/buy-store-serve-safe-food/handling-food-safely-while-eating-outdoors>



## Insect Repellents

Insect repellents help people avoid both mosquito and tick bites. This helps prevent illnesses carried by mosquitoes and ticks. Use repellents that are registered by the Environmental Protection Agency (EPA). These products have been evaluated for their safety and effectiveness. Look for the EPA-registration number on the label.

### Insect Repellent Options

Most of the EPA-registered mosquito repellent products contain one of the following ingredients:

- DEET
- Oil of Lemon Eucalyptus
- Picaridin
- IR3535

There are other repellent products that can be applied directly to skin. These provide some protection from mosquito bites, but may not offer the same level of protection or last as long as the products listed.

### Repellents for use on clothing:

- Permethrin on clothing, shoes, bed nets, and camping gear repels mosquitoes and other insects, and maintains this effect after laundering. This may be a good choice for people who spend a lot of time outside.
- Products containing DEET can also be used on clothing.

For more information go to: <http://www.healthvermont.gov/disease-control/mosquito-borne-diseases/prevent-mosquito-bites>



### ADDITIONAL RESOURCES:

- [www.healthvermont.gov](http://www.healthvermont.gov)
- [www.ready.gov](http://www.ready.gov)
- [www.redcross.org/](http://www.redcross.org/)

Interested in an Emergency Preparedness Presentation?

Call Becky at (802) 777-7851