Working in the Sun? Safety tips to remember:

- **Drink** plenty of water and electrolyte liquids to replace fluids lost from perspiration. Keep hydrating even if you do not feel thirsty.
- **Try to avoid direct sun exposure** from 10 a.m. to 4 p.m. when the sun’s rays are most intense.
- **Wear** light, loose-fitting cotton clothes
- **Wear sunscreen** that has an SPF (Sun Protection Factor) of at least 15.
- **Reapply sunscreen** every 2 hours, or more frequently if you are sweating.
- **Don’t forget about your eyes!** Choose sunglasses that fully protect against both UVA and UVB rays.

Working outside? Watch out for **bugs**...

**Mosquitoes** can carry diseases, such as West Nile Virus, which can lead to serious health effects. The risk of being bit by mosquitoes increases during times of high activity, such as dusk and dawn.

*Did you know...?* **High temperatures provide a breeding ground for the West Nile virus.** Drought limits water supplies, forcing animals, birds and mosquitoes to share water and, consequently, the virus.

**Ticks** can spread Lyme disease and Rocky Mountain spotted fever.

**Also watch out...** for **bees, wasps, hornets, and yellow jackets**!

**Take some preventative measures:**
Before venturing outside, apply insect repellent containing DEET to exposed skin and clothing.
Wear protective clothing such as pants and long-sleeved shirts that cover the skin. Check yourself (and pets) for ticks after you’ve been outside.