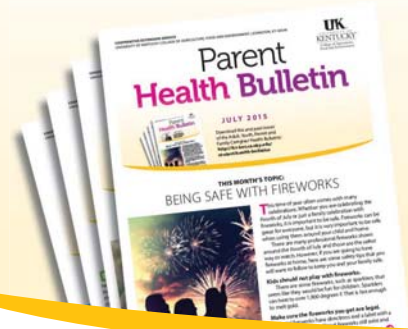


# Parent Health Bulletin



**JUNE 2016**

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Reprinted by:  
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## THIS MONTH'S TOPIC:

# TIME OUTSIDE FOR EVERYONE



**S**ummer is here! This is a great time to go hiking, camping or just enjoy being outdoors.

Taking the whole family out on a hike or camping is a great way to get everyone together for some fun and physical activity.

Being in the woods can be a lot of fun, but you want to make sure that you have everything you need when you go. If you have never been hiking or camping, there are many books at the local library to help prepare you for your family's adventure.

Here are some things you want to make sure to not leave at home:

- A map of where you are going
- Bottled water and food
- Sunscreen and sunglasses

**Continued on the back** 

# Taking the whole family out on a hike or camping is a great way to get everyone together for some fun and physical activity.

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- A flashlight
- A first-aid kit
- A cell phone
- A compass/GPS
- Bug spray/lotion

If camping, do not forget:

- Tent
- Sleeping bag
- Extra clothes and rain gear

When you are out in the woods it is important for everyone to stay safe. That means making sure you review the rules with your family. Make sure to remind everyone that no one should go out in the woods alone. If camping, also review the rules around the campfire. Although roasting marshmallows can be a lot of fun, you want to make sure that everyone stays safe around the fire.

Next, everyone should be on the lookout for bugs and poison ivy. There are several ways your family can be protected from bugs and bug bites. Sprays or lotions can be applied to protect you from some bug bites. The family can also wear long sleeves and pants. If you are camping, make sure that everyone keeps the tent door zipped shut so that bugs cannot get into the tent.

If you have been hiking or camping, it is also important to check for bugs on everyone's body. Make sure you check for ticks. Ticks can make people sick and they can be hard to spot. They are very small. Make sure to check your child all over, including in the hair, behind the ears and under the arms.

Poison ivy is a plant with an oil that can cause the skin to itch. Each stem has three leaves and it can be hard to spot. If you think someone in your family has touched some poison ivy, you should make sure that the skin is washed as soon as possible with soap and water.

*If you think someone in your family has touched some poison ivy, you should make sure that the skin is washed as soon as possible with soap and water.*



If you are hiking or camping it is important to be safe and look out for areas that could be dangerous. When exploring, make sure you are aware of your surroundings. Watch out for things that may trip you while you are hiking such as roots, stumps or other plants.

You and your family can have a great time outside hiking and camping. Just make sure you stay safe by watching out for bugs and poison ivy and make sure that everyone understands the rules.

Have a great start to the summer!

**REFERENCE:**

Nemours KidsHealth <http://kidshealth.org/en/kids/woods.html>

Parent  
Health Bulletin

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