

Safety Topic of the Month

Camping Safety Tips

All information taken from cdc.gov

Camping is a fun way to get family and friends together to enjoy the outdoors. Follow these tips to help ensure your camping trip is safe and healthy.

Be prepared

Always prepare for the unexpected. Before you leave, check the weather report, learn about security at your camp location, and tell family and friends your plans. Be sure to bring along a supply kit and know who to contact at the camp to report issues that may come up. When you return home, check for ticks, rashes or sunburn, and any other abnormalities.

Prepare safe food and water.

Follow these steps to keep your food and water safe:

- Pack foods in tight, waterproof bags or containers. Keep them in an insulated cooler.
- Wash hands and surfaces often. Use hand sanitizer if water is not available.
- Separate raw foods from cooked foods.
- Cook foods to proper temperatures (for instance, ground beef should be cooked to an internal temperature of at least 160 degrees).

Include safe physical activities.

Be sure to bring protective gear, such as helmets, sturdy shoes, and life jackets. Avoid poisonous plants, like poison ivy, poison oak, and poison sumac. Know your limits, and take steps to avoid injury during activities. Never hike or swim alone. Watch kids closely.

Protect against carbon monoxide poisoning.

Never use fuel-burning equipment such as gas stoves, heaters, lanterns, and charcoal grills inside a tent, camper, or other enclosed shelter. It can cause dangerous levels of carbon monoxide to build up.

Avoid wild animals, and protect family pets.

Avoid touching, feeding, and getting near wild animals. Enjoy watching them from a safe distance in their natural surroundings. Keep foods stored in sealed containers and out of the reach of animals. Make sure your family pets are vaccinated and always keep a close eye on them. Make sure pets have plenty of water, food, and shelter.

Fight Bug Bites.

To help fight the bite, apply insect repellent containing DEET to exposed skin. Be sure to follow directions on the package. Check for ticks daily, and remove them promptly. Wear long sleeves, pants, and other light-colored clothing to help prevent and spot ticks more easily.

Prevent temperature-related illness.

During cool nights, bring adequate bedding and clothing to stay warm. Use a plastic ground cloth under your tent to help keep you dry. To help prevent heat-related illness during hot days, drink plenty of alcohol-free and sugar-free fluids. Don't wait until you're thirsty to drink. Wear layers of light-weight, light-colored, and loose-fitting clothing. Rest in shady areas often.

Protect yourself from the sun.

Use a broad-spectrum (against UVA and UVB rays) sunscreen with at least SPF 15. Seek shade, especially during midday hours, when the sun's rays are strongest. Cover up with clothing, a wide-brimmed hat, and sunglasses.

Avoid water-related illness and injury.

To help protect yourself and your fellow campers from illness, don't swim if you have diarrhea, and don't swallow the water you swim in. Take a shower before and after swimming. Never swim alone. If you plan to ride in a boat, canoe, or any other water vehicle, be sure to wear a life jacket.