

## Summer Safety Tips from Your Fairfax County Public Health Nurse May 2025

### Tick and Mosquito Safety

May is Fight the Bite Awareness Month in Fairfax County! Did you know the bite of an infected mosquito or tick can lead to a life-changing illness like West Nile virus or Lyme disease? The Fairfax County Health Department recommends using insect repellents that contain EPA-registered ingredients like DEET or picaridin to prevent bites. Be sure to follow product instructions when using repellents. In addition to wearing repellent, follow these steps:



- Wear long, loose light-colored clothing outdoors.
- Treat clothing, shoes and gear with permethrin. Be sure to follow product instructions.
- Shower as soon as possible after outdoor activities. Make sure to check for ticks on yourself and family members after spending time outdoors.
- Put clothes in the dryer for 10 minutes on high heat after spending time outdoors. This will kill ticks that may be attached to dry clothing.

*adapted from Fairfax County Health Department's [Fight the Bite](#) page*

### Water Safety

Summer is on the way and it's time to get wet! Did you know that May is National Water Safety Month? Swimming is a physical activity that offers many health benefits; however, injuries can happen, and germs can be spread. With a little education, you can play a role in preventing illnesses and injuries when you swim, play and relax in the water. It is critical that children never be around water unsupervised. Drowning is the leading cause of death for children between 3 and 5 years of age. [Swim Healthy Virginia](#) is an excellent resource to learn more about recreational water illnesses, swimming safety, beach monitoring and harmful algae blooms.



*adapted from Fairfax County Health Department's [Healthy Swimming and Recreational Water Safety](#) page*

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#ffxhealthykids



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