

ATCPHD HEALTH CONNECTIONS

HYDRATION

With Summer quickly approaching, it is essential to remember to stay hydrated while doing activities outside! Drinking plenty of water can help prevent heat-related illnesses. By the time you begin to feel thirsty, you are already dehydrated! The key to preparing your body for fun in the sun is to drink water before, during, and after your day outside. Avoid energy drinks and alcohol, as these drinks can contribute to dehydration! For more information, check out the [CDC's](#) page on hydration.



MOSQUITOES

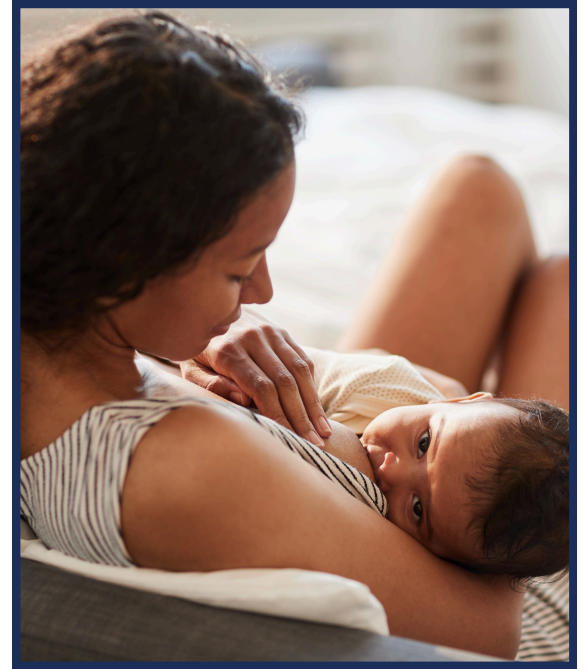
Mosquito season is here! The mosquito is the world's deadliest animal and is responsible for spreading diseases, including the West Nile Virus. Approximately 1 in 5 infected people will develop symptoms, including fever. **Here are four basic prevention methods to reduce your risk:**

1. Avoid being outside when mosquitoes are most likely to be active at dawn and dusk.
2. Dress appropriately by wearing loose-fitting and long-sleeved shirts and pants.
3. Drain standing water. Unattended swimming pools, flower/planter pots, bird baths, dog bowls, etc., are examples of mosquito-breeding sites.
4. Deet - Use an effective insect repellent, such as one that contains DEET, to discourage biting mosquitoes.



BREASTFEEDING FRIENDLY SITES

Breastfeeding-Friendly Worksites is a local effort to promote the state's Mother-Friendly Worksite designation program. The program is designed to provide technical assistance and support the lactation needs of breastfeeding professionals, their families, and employers. [Designation can be achieved by creating a lactation policy and applying for it.](#) Abilene-Taylor County Health District has many experienced staff members to help with policy writing and designation.



SUMMER FUN

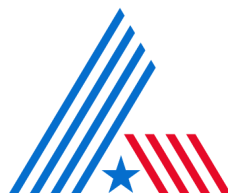
- PARKS AND REC SUMMER CAMPS
- THE ABILENE LIBRARY
- THE NCCIL
- THE GRACE
- YMCA



SUMMER MEALS

- AIKD MEAL SITES
- ABCHC FEEDING SITES

(JULY 26, JULY 29 - AUG 2, AUG 5-9)



PUBLIC HEALTH
CITY OF ABILENE TEXAS