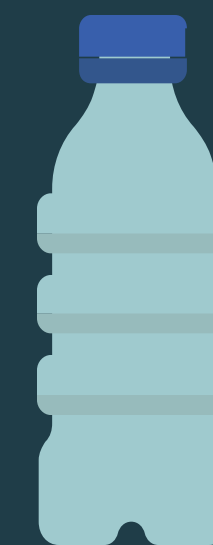


1. Protect against ticks and bugs



Don't forget to bring your bug spray! Use bug spray with DEET. The chemical wards off ticks (which carry Lyme Disease) and mosquitoes (which can spread West Nile & Zika Virus).

2. Drink Plenty of Water



Prevent heat stress and heat stroke by staying hydrated. On very hot days, drink water at least 8 ounces every 20 minutes.

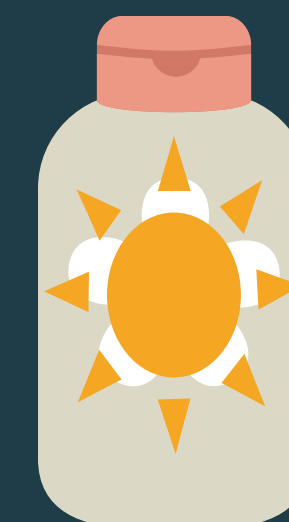


3. Look Out for Bad Plants



Learn to recognize poison ivy and poison oak, and steer clear! Save photos of these plants in your phone to reference when hiking, camping or gardening.

4. Don't Forget the Sunscreen



If you know you are going to be outside, protect yourself from the sun's harmful UV rays by applying sunscreen. Opt for SPF 30 or higher.