

# HEALTHY GARDENING

- To prevent injury when using power tools and equipment wear safety goggles, sturdy shoes, and long pants
- Protect your hearing when using machinery.
- Gloves lower the risk for skin irritations, cuts, and certain contaminants.
- Insect repellent containing DEET protects you from diseases caused by mosquitoes and ticks. Wear long-sleeved shirts, tuck pants in your socks and wear high rubber boots since ticks are usually located close to the ground.
- You can lower your risk for sunburn and skin cancer by wearing long sleeves, wide-brimmed hats, sun shades, and sunscreen with sun protective factor (SPF) 15 or higher
- Short periods of time in high temperatures can cause serious health problems:
  - Make an effort to drink more fluids
  - Avoid drinking liquids that contain alcohol or large amounts of sugar
  - Take breaks and stop working if you experience breathlessness or muscle soreness
  - Pay attention to signs of heat-related illness, including extremely high body temperature, headache, rapid pulse, dizziness, nausea, confusion, or unconsciousness
  - If taking medications that may make you drowsy or impair your judgment or reaction time, don't operate machinery, climb ladders, or do activities that may increase your risk for injury.
  - Listen to your body. Monitor your heart rate, level of fatigue, and physical discomfort.
  - Call 911 if you get injured, experience chest and arm pain, dizziness, lightheadedness, or heat-related illness.



**Public Health**  
Prevent. Promote. Protect.

## Public Health of Labette County

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