



National Public Health Week

Injury Prevention Starts in Your **Community**

You can protect yourself, your family and community by taking action, both big and small, to prevent injury. Here are just a few examples:

- When going outside, use mosquito repellent and wear protective clothing.
- Wear light colored, loose fitting, long sleeve shirts and pants when outdoors in mosquito prone areas, especially in the early morning and evening.
- Eliminate standing water where mosquitoes can lay eggs
- At least once or twice a week, remove all standing water from your yard by bringing containers indoors or emptying and cleaning them, even very small ones. For example, do not leave toys that can retain water outside; remove saucers from under flower pots; clean or remove pool covers; clean pools and add chlorinated water; empty buckets and cans, cover rain barrels with mosquito proof netting. Check for clogged rain gutters and clean them out.
- Fill in hollow stumps that hold water with sand or concrete.
- Keep grass cut short and shrubbery trimmed so adult mosquitoes don't hide in the shaded areas during the day.
- Cover open windows, Install or Repair Window and Door Screens

There is much more you can do to prevent injuries beyond these actions. Raise awareness of safety and injury prevention within your community during National Public Health Week. You can help make your home and community a safer place to live.