



# Grandparents Corner

June 2017

## Bugging You This Summer

Summer allows for more time for children to play outdoors, but parents have to worry about disease spread by ticks, such as Lyme disease, or by mosquitoes, such as West Nile virus. By following simple prevention steps, parents and kids can keep pests away so that they can focus on fun outdoor activities like camping, hiking and simply playing.

### **Use an Effective Insect Repellent**

The Centers for Disease Control (CDC) recommends a variety of effective products. Most pediatricians recommend using products with 30 percent or less of these ingredients on kids. Check the label for one of the following ingredients:

- Deet
- Picaridin
- IR 3535
- Oil of lemon eucalyptus

### **Check for Ticks**

After playing outside, don't make ticks an unwanted guest in your home. Ticks can come in the house by getting on parents, kids, and even the family pet, so check your gear and pets as soon as you get inside. Bathing once you are inside can also help you find ticks and remove them. Additionally, you can tumble your clothes in a dryer on high heat for an hour to kill any remaining ticks.

- Check for ticks under the arms
- In and around the ears
- Inside the belly button
- Behind the knees
- Between the legs
- Around the waist
- In the hair

If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely small, but to be safe, watch for signs or symptoms of Lyme disease.

- Rash
- Fever

Source: Centers for Disease Control - [www.cdc.gov](http://www.cdc.gov)

*Households can use SNAP benefits to buy foods for the household to eat, such as breads and cereals; fruits and vegetables; meats, fish and poultry; and dairy products.*

*Households CANNOT use SNAP benefits to buy alcohol, cigarettes or tobacco. Read the issue and answer True or False to the questions below.*

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1. Seniors' bodies absorb fewer nutrients, so they must eat high-nutrient food to maintain good health.    T    F
2. If a person does not get enough calories, they become weaker and more likely to get infections.    T    F
3. Not only is calcium important in preventing fractures, it is also beneficial in helping fractures heal faster if they do occur.    T    F
4. Beverages with caffeine (soda, coffees, and tea) cannot cause dehydration.    T    F
5. SNAP's goal is to help people with limited income maintain a healthy and nutritious diet.    T    F
6. For a diabetic person's diet, be sure each serving is the right amount.    T    F
7. To get SNAP benefits, a household with an elderly person, or a person who is receiving certain types of disability payments, doesn't need to meet the net income test.  
T    F
8. Uncovering nutrition problems at the earliest stage can help prevent serious complications later.    T    F
9. Be aware of any medical condition that would require restrictions such as salt (congestive heart failure) or potassium (kidney failure).    T    F
10. Dehydration does not increase confusion and muscle weakness.    T    F

**KEY:** 1. T 2. T 3. T 4. F 5. T 6. T 7. F 8. T 9. T 10. F