



## WATER SAFETY



Drowning is the #1 cause of death in children age 1-4 years old. During the hot summer months, keep children safe while they're having fun in the water by following these tips:

- **Never leave your child alone in/near the water**
- **In a lake or pool, be sure to have your child wear a life jacket**
- **If you're in the water with your child, designate a water watcher to keep an eye on the child**
- **Inflatable vests and arm devices such as water wings are not effective protection against drowning**



## CHANGE ONE THING...



**Add a serving of fruits and vegetables to your day**

**Ideas:**

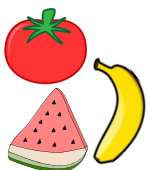
**Make a salad your meal**

**Add veggies to your sandwich**

**Serve veggies at lunch and dinner**

**End a meal with fruit**

**Cook dishes with vegetables**



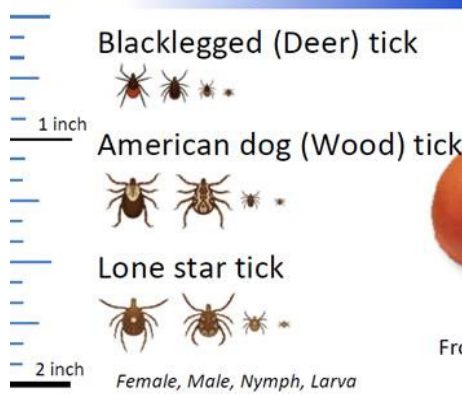
# UP-TICK IN LYME DISEASE

## Tick Safety Tips

- Check clothing
- Full-body checks:
  - in/around ear
  - in belly button
  - behind knees
  - under arm
  - between legs
  - around waist
  - hair

## Actual Size Comparison

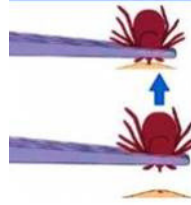
## MI Tick ID Card



**Common ticks found in Michigan**  
From left to right: Blacklegged tick nymph, Blacklegged tick female, Lone star tick female, American Dog tick female

## Tick removal tips

[www.michigan.gov/lyme](http://www.michigan.gov/lyme)



- Remove as quickly as possible.
- Use tweezers to grasp the head close to the skin.
- Pull gently.
- Use soap and water, or antiseptic on the bite.

## ...preventing tick bites

- Use a repellent containing no more than 30 percent DEET.
- Use repellents that contain permethrin on clothing.
- See your healthcare provider if you have symptoms of fever, rash, body aches or fatigue after a tick bite.

Michigan Department of Health & Human Services

## IT'S BACK TO SCHOOL TIME: DON'T WAIT, VACCINATE!

### Immunization Clinic Hours

On Wednesdays from  
8:30 a.m. - 4:30 p.m.

(late hours until 7 p.m. on the  
2nd and 4th Wednesday of the month).

No appointment necessary!

## BREASTFEEDING SUPPORT

- Help with breast pumps
- Offer breastfeeding encouragement
- Help plan for the return to work/school
- Provide education, problem-solving and support

**Jennifer Kaiser, Breastfeeding Peer Counselor**

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