

May 23, 2014



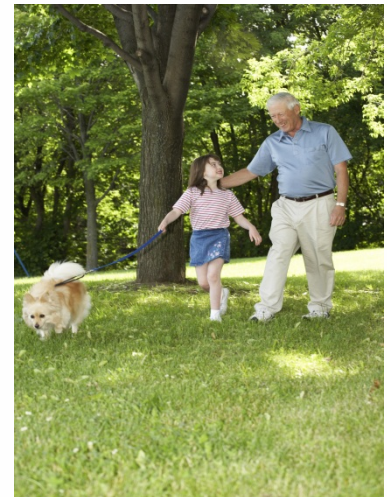
Residents encouraged to stay safe and healthy this Memorial Day Weekend

SARASOTA COUNTY — The Florida Department of Health in Sarasota County (DOH-Sarasota) encourages all residents and visitors to keep health and safety a priority while enjoying this Memorial Day weekend. Simple awareness and precautions can help families have fun without the interruption of injury or illness.

Local health and county officials say Memorial Day weekend is an opportunity to enjoy our local amenities while spending time with family and friends, but you should remember to include healthy choices such as fresh foods, physical activity, and protection from mosquito-borne diseases and the ultraviolet rays of the sun.

DOH-Sarasota offers the following tips for ensuring a healthy and safe Memorial Day:

- Drink plenty of water, especially when enjoying caffeinated beverages or alcohol. Try to reduce the amount of sugar-sweetened beverages you consume.
- Be sure to keep cold foods cold. Place leftovers in iced coolers or the refrigerator right away to prevent foodborne illnesses.
- Mosquitoes tend to be active during dawn and dusk. To minimize exposure to mosquitoes and the diseases they cause, cover up. Wear shoes, socks, long pants, and long sleeves. You may also apply mosquito repellent to bare skin and clothing. Always use repellents according to the label. Repellents with DEET, picaridin, oil of lemon eucalyptus and IR3535 are effective. Use mosquito netting to protect children younger than 2 months.
- Use high SPF sunscreen before catching rays or playing outside. Reapply often, especially on children.



DOH-Sarasota is part of Florida's network of county health departments, which work to protect and promote the health and well-being of all residents in Sarasota County through integrated state, county and community efforts. For more information, visit www.sarasotahealth.org.

Follow the Florida Department of Health's statewide programs and initiatives on Twitter at [@HealthyFla](#) and on [Facebook](#), or visit www.floridahealth.gov.

Sarasota County prohibits discrimination in all services, programs or activities.
View the complete policy at <https://www.scgov.net/ADA/Pages/default.aspx>.

MEDIA NOTES:

DOH-Sarasota Media Contact:

Dianne Shipley, 941-861-2852; cell 941-302-1058; Dianne.Shipley@flhealth.gov

Website: www.sarasotahealth.org