



QUICK TIPS

for parents
of school-age kids

It is our goal, as your local Health Department to provide useful information to prevent, promote and protect you and your family's health and wellness.

Tick Talk



1

Now that spring is here and outdoor activities become more enticing, it is essential to be mindful of the potential risks associated with ticks. These tiny creatures can carry diseases like Lyme Disease, but with the right knowledge and precautions, you can enjoy nature safely. View our tick resource guide and watch our tick video.

[View our
Tick Talk Resource](#)



[More Tick Talk](#)



Sun Safety



2

Spending time in the sun has important benefits, including helping the body produce vitamin D for strong bones and a healthy immune system. However, protecting your child's skin from harmful UV rays is just as important. Even one severe sunburn can significantly raise their risk later in life. Making sun protection a daily habit is a simple but important step in keeping kids healthy and safe while they enjoy the outdoors.



[Teach kids about
sun safety](#)



Emergency Preparedness

3

Being prepared for disasters starts at home, and everyone—including young children and teens—can play a role. As a parent, guardian, or family member, you have an important part in helping protect the children in your life and making sure they're ready in case an emergency occurs. Here, you'll find resources to help build a family emergency plan, guidance on supporting children after a disaster, and tips to prepare them for emergencies wherever they may be—at home, at school, or in the community.

Make a Plan



Ready Kids



[Family resources](#)

