



SCS Health Office News

Spring Has Sprung!

The great outdoors is calling us all to go outside and begin to enjoy the sun and warmth!! As we all get ramped up to go out I wanted to take a few moments and share some health tips and reminders!

~Nurse JoAnn

Look Out For Ticks!



Ticks are bugs that bite people and animals. They come in many different sizes. Some ticks are very small - about the size of a poppy seed! A tick feeds on the blood of warm blooded animals, like humans, and transmits bacteria in their saliva. When a person or an animal is bitten by an infected tick, the tick's saliva transmits the bacteria causing illness.



BEE SAFE IN THE SUN



WEAR A HAT



APPLY SUNSCREEN



SEEK SHADE



PUT ON SUNGLASSES



COVER UP YOUR BODY

Please Remember the CDC is still asking everyone to practice social distancing by remaining at least 6 feet apart when in public and wear a cloth face covering whenever you're not able to do so. The CDC also states you should not wear a mask while driving, especially if you are by yourself.

FACE COVERING

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CLOTH FACE COVERING SHOULD:



- include multiple layers of fabric.
- allow for breathing without restrictions.
- be washable and machine dried without damage or change to its shape.
- be routinely washed depending on its use.



- allow for breathing without restrictions.
- fit snugly but comfortably against the side of the face.
- be secured with ties or ear loops.



www.nantucket-ma.gov/Coronavirus

Remember to Keep Washing Your Hands!

