

4 Tips to Stay Safe and Healthy on Green Up Day

1. Stay safe in the sun, even if it's cloudy!

- Use plenty of sunscreen with an SPF of 30 or higher, even if it is overcast.
- Protect your face and eyes from the sun with a hat and sunglasses.
- Cover up with long sleeves and long pants.

2. Be careful near roadways.

- Review road safety rules with children before you head out.
- Wear light or bright-colored clothing.
- Work facing oncoming traffic.

3. Know what to do with needles.

- Tell children to get an adult if they find a needle.
- To safely dispose of a needle:
 1. Use gloves and pliers or tongs to pick up the needle.
 2. Place the needle in a thick plastic container, screw the lid on and tape it shut with duct tape.
 3. Write "Do Not Recycle" on the container and toss it in the regular trash.

Learn more: www.healthvermont.gov/NeedleDisposal

4. Be Tick Smart.

- **Protect** yourself with an EPA-registered insect repellent and wear long pants.
- **Check** your whole body for ticks when the day is done.
- **Remove** any ticks as soon as you can using tweezers.
- **Watch** for symptoms of tickborne illness and tell your doctor if you feel sick.

Learn more: www.healthvermont.gov/BeTickSmart



Find more Green Up Day tips at:

greenupvermont.org

