



## TOWN OF WELLESLEY HEALTH DEPARTMENT

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## SUMMER UPDATE

### Heat and Sun Safety

Summer weather means more time outside in the sun and the potential for high temperatures. In addition to the information below, [visit our website for more sun and heat safety tips](#) to keep you and your family safe this summer:  
<https://www.wellesleyma.gov/2062/Summer-Safety>.

#### Sun Safety Overview

- Limit your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense.
- Wear clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats. Sun-protective clothing is now available.
- Use broad spectrum sunscreens with an SPF value of 30 or higher regularly and as directed.

#### Summer Heat Safety Overview

- Never leave children or pets alone in a closed vehicle. Even with the windows cracked open, interior temperatures can rise almost 20°F within 10 minutes.
- Drink plenty of water – even if you are not thirsty. Avoid alcoholic beverages and liquids high in sugar.
- If you must be outdoors during extreme heat days, limit your outdoor activity to the morning and evening hours.
- If you do not have air conditioning, stay on your lowest floor, out of the sun. Use fans to stay cool and avoid using your stove and oven.
- [Know the symptoms of and watch out for heat-related illnesses.](#) Call 9-1-1 to report emergencies.
- Check on family, friends, and neighbors, especially the elderly, those who live alone, those with medical conditions, those who may need additional assistance, and those who may not have air conditioning.

### Water Safety

Summertime means more time in and around the water, but it can also mean more water-related accidents. Avoid water danger by following these [tips and recommendations for water safety](#).

## Water Safety Overview

- Learn to swim and swim with a buddy and never alone, even if you're a strong swimmer.
- [Learn CPR](#)
- know the [signs of drowning](#)- Drowning looks much different than most people think!
- Keep a cellphone nearby and know where you are in case you need to call for help.
- Always supervise children in and around water, even if they know how to swim. Stay within arm's length when supervising children who aren't strong swimmers.
- Swim in locations with lifeguards when possible. Even if a lifeguard is present, make sure to closely supervise children.
- Air-filled or foam toys, such as "water wings," "noodles," or inner tubes are not substitutions for a life jacket. These toys are not designed to keep swimmers safe or prevent drowning.
- Always wear a U.S. Coast Guard-approved life jacket when in a boat.
- Only swim in areas specifically designated for swimming.
- Learn how to identify hazards, like rip tides, when swimming in oceans, lakes, rivers, and ponds. Avoid swimming in an area with strong moving currents, underwater debris, and water temperatures that could be dangerous.
- Do not dive or jump into water that is not at least 12 feet deep. Enter the water feet-first and never dive head-first into a river, lake, or pond. You can severely injure your head and neck leading to life-altering injuries and/or drowning.
- Do not swim during a thunderstorm or when there is lightning.

## **Ticks and Mosquitoes: Preventing Insect-Borne Diseases**

### **Ticks**

Ticks are found in wooded areas, high grass, or leaf litter. They are most active during the spring, summer and fall. Due to the mild winter, tick activity has already begun, and residents should take precautions when outdoors.

#### Protect yourself from ticks.

- Wear a hat and light-colored clothing (so ticks can be easily spotted), including long-sleeved shirts and long pants tucked into boots or socks.
- Use insect repellents. Use repellents containing at least 20% DEET on exposed skin and clothing. Reapply repellents as needed. (Always follow products labels).
- Permethrin is an effective repellent that can be used on clothing, but not on skin. One application to pants, socks, and shoes may be effective through several washings.

- [Do a daily tick check. Check hair, underarms, behind the ears and groin. Don't forget to check pets that have been outdoors!](#)
- Wash and dry clothes using the “hot” settings to kill any ticks present.

### Tick FAQ

[What kinds of ticks carry Lyme](#) and [other diseases? What do they look like?](#)  
[What should you do if you find a tick on your body? How do you properly remove a tick?](#)  
[What should you do if you suspect you were bitten by a tick or you suspect you Lyme disease?](#)

### **Mosquitoes**

In addition to being a nuisance, mosquitoes can transmit diseases like West Nile Virus, Dengue and EEE (Eastern Equine Encephalitis). Mosquitoes breed in standing water and can be found in almost all outside areas. They are most active during dawn and dusk in the warmer months.

#### Protect yourself from mosquitoes-avoid bites by:

- Use Environmental Protection Agency (EPA)-registered insect repellents with one of the active ingredients below. When used as directed, EPA-registered insect repellents are proven effective.

DEET

Picaridin

Oil of lemon eucalyptus (OLE)

Para-menthane-diol (PMD)

2-undecanone

- Use screens on windows and doors. Repair holes in screens to keep mosquitoes outdoors.
- Stop mosquitoes from laying eggs by removing standing water. Once a week, empty and turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Also, clear clogged rain gutters regularly. Check for water-holding containers both indoors and outdoors.
- Wellesley belongs to the East Middlesex Mosquito Control Commission (EMMCC) however the town does not subscribe to or support spraying to control the adult mosquito population. Instead, the focus is directed towards targeted larval control of breeding areas such as street catch basins. Read more about the EMMCC [HERE](#).

[Visit the Wellesley Health Department website for more information:](#)

<https://www.wellesleyma.gov/193/Health>

### **Preventing Summer Illness**

#### **Pertussis (whooping cough)**

Pertussis outbreaks have been reported this summer. Make sure children are up to date on their vaccines. Pregnant women should be vaccinated during the third trimester, as should people who have close contact with infants, since young babies are at greatest risk for severe complications from pertussis. Learn more here:

<https://www.cdc.gov/pertussis/index.html>.

## **COVID-19**

COVID-19 is always with us , and residents may still choose to take precautions if they

wish. Visit the [CDC website](#) for complete COVID information:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/about-covid-19.html>.

## **Measles**

If you are traveling internationally this summer, make sure you are up to date on your vaccines, especially your MMR (Measles, Mumps, Rubella) vaccine. Visit the [CDC website](#) for complete information on vaccination and prevention:

<https://www.cdc.gov/measles/index.html>.

## **Mpox**

[Those who meet the criteria](#) should get a second (or first) dose of vaccine:

<https://www.cdc.gov/poxvirus/mpox/vaccines/index.html>.

## **Foodborne Illness**

Cooking and eating outdoors in warm weather can be challenging when it comes to food safety. **Bacteria in food multiply faster at temperatures between 40°F and 140°F, so the** spring and summer heat can pose a problem. This summer, it is especially important to avoid unpasteurized milk because of the outbreak of avian influenza (H5N1) in dairy cows. [Visit our website](#) for some easy things you can do to help keep everyone at your table safe from foodborne illness: <https://www.wellesleyma.gov/2068/Preventing-Foodborne-Illness>.