

Health benefits from spending time outside

Spending time outside can be good for your health. Being outside can reduce stress, reduce feelings of depression and anxiety, offer a means of exercise, and even help you sleep better.

Families may also find that doing activities outside can help with family bonding and connection.



Before you embark on your next outdoor adventure, though, be sure to do your research to prevent injury so you and your family can stay safe, healthy, and able to fully enjoy what nature has to offer.



About Injury Prevention


Kitsap Public Health's Injury Prevention program coordinates with local organizations and the community to promote safety and prevent injuries in our county.


Our priority areas of focus are: mental health; infant, toddler, and preschooler safety; staying safe while recreating outdoors; and TBI/concussion prevention



More information

 cdp@kitsappublichealth.org

 345 6th Street, Suite 300 Bremerton, WA

 360-728-6054

 kitsappublichealth.org

Injury Prevention Focus on Outdoor Safety

 **Contact Us**
cdp@kitsappublichealth.org

Drowning prevention

The biggest drowning threat facing families with toddlers is unexpected, unsupervised access to water: swimming pools, hot tubs and spas, bathtubs, natural bodies of water such as ponds, and standing water in homes. For example, 69% of all drownings among children age 4 and younger happen during non-swim times.

Here are some helpful tips to keep your children safe in and around water:

1. Create layers of protection: Fence any pool, pond, or other open water that a child could access if left unsupervised. pool alarms, door and gate alarms, and pool covers can provide some added safety around a pool.
2. Assign a water watcher whose only job is to closely monitor children in the water, without distractions.
3. Use a properly-fitting life jacket.
4. Sign your child up for swim lessons when they're ready. This can be as young as one year old.

After birth defects, drowning is the No. 1 cause of death for children ages 1-4.



Safety when recreating outside

We live in an area known for its natural beauty and its proximity to a myriad of hiking, backpacking, and running trails. While breathtaking, these trails can pose a level of risk of injury. Here are some tips for staying safe:

- Always pack the 10 Essentials: Whether you're going on a quick hike or a multiday adventure, be sure to bring navigation, a headlamp/flashlight, sun protection, first aid, a knife, matches/lighter, extra food, water, and clothing, and something you can use as an emergency shelter.
- Know your limits. Be realistic about your ability to hike long distances, in high elevations, with uneven terrain, and/or while carrying a heavy pack if you aren't experienced.
- Know the signs of dehydration and heat-related illness. Don't push yourself if you're feeling overheated or tired. Rest in the shade and drink plenty of water.
- Plan, plan, plan. Know your route well. Read recent trip reports, stay up to date on weather alerts, have a plan b ready just in case, and let someone else know your itinerary.
- Proper footwear is key. Wear appropriate footwear, including socks, for the activity. Hiking in flip-flops or trailrunning in bulky hiking boots will leave your feet sore and blister-prone, and can increase your chances of ankle injury.

Extreme weather events



Our region has been experiencing more frequent extreme weather events like wildfires, heat waves, and flooding due to climate change. You can prepare for extreme weather events by:

- Signing up to receive emergency notifications (kitsapdem.com).
- Know before you go: check the forecast and air quality, and make sure to bring enough water, sunscreen, and layers if heading outside.
- Avoid being outside during the hottest part of the day or when air quality is dangerous.

