

ATCPHD HEALTH CONNECTIONS

SPRING STORM SAFETY

With the temperatures warming and wildflowers blooming...

West Texas has the potential for severe weather of all sorts, from thunderstorms, hail, and tornadoes to dust and wildfires.

So, while planning your spring garden, consider some of the seasonal risks that go beyond allergies.



*Sign up for CodeRed to be notified when there are severe weather warnings
Text ABITAYTX to 99411 for a link to enroll*



Follow burn ban and wildfire watch instructions and restrictions



Learn more about emergency preparedness by scanning the QR code below!

**EMERGENCY
PREPAREDNESS
RESOURCES**



FIGHT THE BITE

Warm weather and outside fun can lead to more frequent encounters with bug bites!

Prevent Bug Bites

- Wear loose-fitting full-coverage clothes
- Apply an EPA-registered insect repellent
- Avoid tall grass and being outside during dusk or dawn
- Check your body and clothes for ticks after being outside



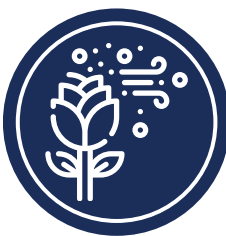
If you get bit by a mosquito, wash with soap and water. Then, place an icepack over the bite for 10 minutes. Use anti-itch ointment and contact a health provider if needed.



If you get bit by a tick, remove it with tweezers. Wash bite with soap and water. Contact a health provider if you develop a rash or flu symptoms.



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SEASONAL ALLERGIES

Spring is in the air! But, so are allergies!

Flowers bring pollen, and pollen brings allergies. There are two types of allergies. One is **Allergic Rhinitis**, which can cause sneezing, congestion, and runny nose. The other is **Allergic Conjunctivitis**, which can cause red eyes, watery eyes, and itchy eyes

If allergies are causing health significant problems, make sure to talk to a medical provider! Pollen allergies can worsen some health conditions. For many people, though, there are some easy ways to prevent your allergies from being as excessive!

Reducing Allergy Risks

- Check pollen forecasts and limit outdoor time during high levels.
- Take medications as prescribed for allergies and asthma.
- Avoid touching your eyes outside and wash your hands before doing so indoors.
- Shower and change clothes after outdoor activities to remove pollen.
- Keep windows closed during pollen season.
- Use high-efficiency HVAC filters (make sure they don't violate your HVAC system's warranty).

MOVEMENT IN THE SUN

It's the perfect time to go outside and get some sun and physical activity!

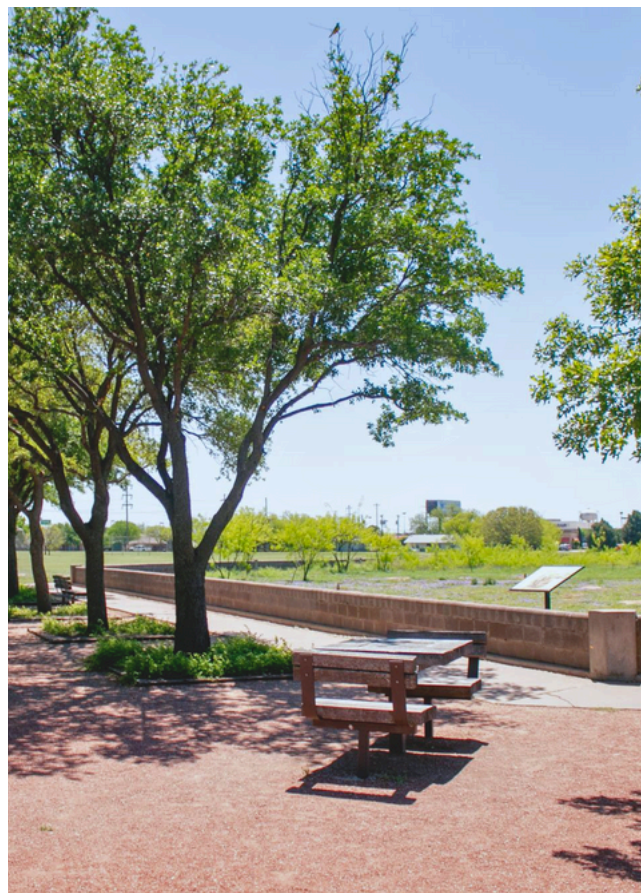
Sunshine and movement are both so important for mental and physical health. With warmer weather, and sunnier longer days, we have so many amazing parks and walking paths to explore in Abilene!



Children need 60 minutes of play time every day!



Adults need 90-120 minutes of physical activity a week!



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