

Camping Safety

[Announcer] This podcast is brought to you by the Centers for Disease Control and Prevention. CDC - safer, healthier people.

[Caydan] Hi kids! Welcome to CDC Kidtastics Radio! I'm Caydan Kidtastic. Today we're going to talk about camping!

[Chris] I like camping!

[Caydan] Me too, Chris, but we need to know what to do to keep from getting sick from bugs or animals while we're camping.

[Kids] Okay!!!

[Caydan] Let's start with bugs.

[Caydan] While you're camping, you may get bitten by mosquitoes and some mosquitoes can carry disease.

[Karmen] Like West Nile virus??

[Caydan] Yeah! So it's important to use bug repellent. It helps keep bugs off you so they don't bite you. Ask an adult to buy a repellent that contains DEET and then ask them to help you put it on or show you how to put it on. You may need to apply it several times a day.

[Kids] That's easy!!

[Chris] What about ticks?

[Kids] Eeewww!!!!

[Caydan] Ticks can carry diseases like Lyme disease or Rocky Mountain Spotted Fever. When camping, you may get bitten by a tick. You have to check your body and clothes at least once a day for ticks to keep from getting sick from these diseases. If you see a tick or any other bug on you, tell an adult right away so they can remove it properly.

[Kaya] What about animals? Can they make us sick, too?

[Caydan] Greaaaaat question, Kaya! You might camp in areas where wild animals live and some of these animals spread diseases that can hurt you, like rabies.

[Karmen] What's rabies?

[Caydan] Rabies is a dangerous virus you can get if you're bitten by an infected animal. Stay away from wild animals!

[Kids] Okay!!

[Caydan] You need to keep your camping area clean and properly store food. Wild animals can smell food and may come into your camp site. If you see animals around your camp site, don't touch them or chase them. Tell an adult. You can't tell if an animal has rabies just by looking at it, so stay away from all wild animals, including raccoons, foxes, bats, and skunks.

[Chris] We have to worry about bats when we're camping?!?!

[Caydan] Yep! Bats could be in your cabin or tent. If you see one, tell an adult right away; don't touch it or try to catch it.

[Kaya] Caydan, what if we get bitten by an animal?

[Caydan] If you get bitten by any animal at any time, tell an adult immediately and help them wash the wounded area well with soap and water; then the adult can decide what needs to be done next.

[Kids] Okay!!

[Caydan] Remember kids, if you go camping, have fun and *be safe*. Protect yourself from the diseases mosquitoes, ticks, and wild animals may have.

[Kids] (applauding) Yaayyy!!!

[Caydan] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

[Announcer] For more health information, go to www.cdc.gov or call 1-800-CDC-INFO, 24/7.