








Dear Families,

Keep your family safe and healthy this summer whether you are staying in New York City or traveling! Travelers may need to take extra precautions due to the increased risk of some infections.

Summer and Travel Safety Tips

-  **Prevent illness caused by bug bites.** Ticks and mosquitoes can spread diseases in NYC and many parts of the U.S. and world. Use insect repellent with DEET, picaridin, IR3535, or oil of lemon eucalyptus. Treat clothing and gear with permethrin and wear long-sleeved shirts, long pants, closed-toe shoes, and hats. Check for ticks after being in wooded areas and tall-grass fields. If outside the U.S., sleep under a mosquito net while in areas with mosquito-borne diseases. For more information visit: nyc.gov/health/ticks and nyc.gov/mosquito
-  **Take care in hot weather.** Wear light loose-fitting clothing. Stay in a cool place, in the shade, and out of direct sun. Drink plenty of fluids even if you are not thirsty and avoid sugary drinks. Spending even a few hours in an air-conditioned space can reduce the risk of heat-related illness. For more information visit: nyc.gov/health/heat
-  **Keep kids healthy in the water.** Supervise children at all times while swimming or playing in the water. Do not enter the water if you have had diarrhea in the past two weeks. Remind children not to swallow water. Take children to use the bathroom frequently.
-  **Be safe around animals.** Do not pet or feed wild animals. Ask for an owner's permission to touch any dog, cat, or other pet. Clinical consultation for gonorrhea infections with suspected cephalosporin treatment failure is available by calling the NYC Health Department Provider Access Line at 866-692-3641.
-  **See your health care provider at least four weeks before international travel.** Ask about any needed medicines or vaccinations, such as those for malaria, typhoid fever, or hepatitis A, depending on where you are traveling. Infants ages 6 to 11 months should receive an early, extra dose of measles-containing vaccine, and children ages 12 months and older should receive a first or second dose prior to travel. Make sure you and your children are up to date on routine vaccines. To find a vaccination site, call **311** or visit: nyc.gov/healthmap/vaccines
-  **Avoid diarrheal illness while traveling internationally.** Drink bottled water or disinfect water by boiling it for at least one minute. Avoid ice in drinks and eating raw fruits or vegetables that cannot be peeled. Make sure meat is fully cooked and served hot.
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While summer may be just underway, it is important to begin planning for a healthy return to school in the fall by ensuring children are up to date on routine vaccinations and have any needed medications and health forms ready. Complete any required new admission physical examinations and have the Child and Adolescent Health Examination Form (CH205) submitted to their school nurse before the start of the new school year.

Sincerely,



Shama Ahuja, PhD, MPH
Assistant Commissioner, Bureau of Communicable Diseases