

Psst!

Plan to Stay in Shape Today



SUMMER first aid



GUIDE TO
A HEALTHY
SUMMER



Whether you spend the summer in the city or surrounded by nature, whether you are a homebody, traveller, or adventurer, it would be surprising if your summer were completely free of minor nuisances like insect bites, scrapes, blisters, and sunburn.

That's why you'll want to keep this guide handy, as it contains simple and useful information on preventing and treating common summer complaints. Follow these tips for you and your family—and enjoy the summer!



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BLISTERS



Summer is back. To let your feet breathe, you put away your socks and take out your sandals. A phlyctena, better known as a blister, is a small round or oval bubble filled with clear liquid that often occurs on the feet.

Why do you get them?

Blisters are generally caused by repeated rubbing of the skin against poor-fitting shoes. Heat and humidity can also lead to blisters. Skin may likewise blister after it has been burned.

Symptoms

Blisters cause redness and, because they expose the flesh to air, mild pain.

Preventing and treating blisters

- ☀ Gradually break in new shoes or sandals at home by wearing them for up to two hours a day for several days.
- ☀ Wear shoes or sandals that fit your feet well, so that they're not too tight or too big.
- ☀ Wear socks that keep your feet dry (e.g., made of cotton) or sport socks to reduce rubbing.

☀ Before going out in your new shoes, apply anti-blister stick to areas where rubbing may occur. This invisible product lubricates skin upon application, which reduces rubbing and thereby helps prevent blisters. Anti-blister stick is available in pharmacies.

☀ Act quickly at the first sign of a burning sensation: apply a cushioned pad or gel bandage to help reduce rubbing.

☀ **Avoid popping a blister, because once the skin is broken, it is more likely to get infected. Unbroken skin forms a natural barrier.**

☀ If the blister has already burst, however, clean the area with warm water and soap and cover it with a bandage. **Avoid using rubbing alcohol as this is very painful and tends to further damage broken skin.**

In general, blisters heal on their own in a few days. It's just a matter of giving your skin time to regenerate to create a new barrier.

DID YOU KNOW?

There are special bandages to prevent and treat blisters. Ask your health professional about them.

PLEASE NOTE: Consult a health professional if there is any sign of infection (redness, heat, pus, fever).

BURNS



Burns caused by contact with heat sources can happen any time of year. Summertime burns usually involve barbecues or direct contact with fire.

Burns are managed according to certain criteria, such as their depth, location on the body, and cause. The first thing to do is **assess the seriousness** of the burn and decide whether medical attention is required or if home treatment will be enough.

There are three degrees of burn depending on the layer of skin affected.

First-degree burns are superficial and generally result in reddening of the skin, tingling, and minor swelling. A mild sunburn is an example of a first-degree burn. Such burns can usually be treated at home and most often heal within a few days without leaving a scar.

Second-degree burns are characterized by moist, pink skin, sharp and intense pain, and water blisters that may leak liquid. This means the skin is damaged further down. If the area of burned skin is small and there are only a few small blisters with no sign of infection, home treatment may be fine, except in the case of young children and the elderly (whose skin is not as thick), as well as diabetics and people with a compromised immune system, because they are more at risk of infection.

Third-degree burns are much more severe, sometimes reaching muscles, tendons, and nerve endings. They take a long time to treat and generally leave severe scars. Third-degree burns are considered a **medical emergency** and therefore require **immediate medical care**.

DID YOU KNOW?

Contrary to popular belief, you should not apply butter or margarine to burns. It not only accentuates the pain, it also increases the risk of infection!

CAREFUL! Regardless of your health status, your age, or the degree of burn, you should see a doctor if:

- The burn covers more than 10% of your body.
- There are signs of infection (redness, pus, pain, fever).
- The burn involves your eyes, genital organs, ears, face, or feet.

How do you treat burns?

(First and second degree only)

- ☀ Immerse or run cold water over the affected area or apply wet, cold compresses to relieve the pain. Avoid applying ice as it may aggravate the burn.
- ☀ For light burns where the skin is red and dry, apply an unscented moisturizing lotion. Applying a bandage can limit the risk of infection.
- ☀ If there are water blisters, do not pop them—they help scar tissue form. If the blisters burst on their own, apply an antibiotic ointment to the burn and cover with a clean, dry, non-adherent bandage.
- ☀ If needed, use an oral analgesic to relieve the pain caused by the burn. Don't hesitate to ask a health professional to help you decide which product is best for your situation.

HEATSTROKE

When you have heatstroke, your body can no longer cool itself down properly. It leads to failure of the body's temperature control system. Body temperature can rise from 37°C (98.6°F) to over 40°C (104°F) very quickly.

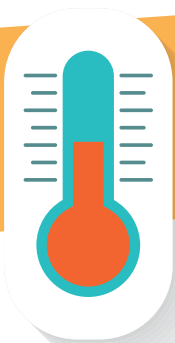
At this level, heatstroke can put your life in danger. It occurs primarily during periods of intense heat where the body must quickly adapt to high temperatures, humidity, and sometimes even a lack of wind, which only aggravates the situation.

During major hot spells, heat waves, or intense physical exercise, watch out for the first signs of heatstroke:

- | | |
|--------------------|------------------------|
| ☀ Fever | ☀ Confusion |
| ☀ Chills | ☀ Nausea |
| ☀ Light-headedness | ☀ Increased heart rate |
| ☀ Fatigue | ☀ Rapid breathing |
| ☀ Dizziness | ☀ Lack of perspiration |
| ☀ Stomachache | ☀ And other symptoms |

How do you prevent heatstroke during a heat wave?

- ☀ Check Environment Canada's heat and humidity advisories in the newspapers, on television, or on the Internet.
- ☀ Drink lots of water and don't wait until you feel thirsty before drinking, unless you have a medical restriction.
- ☀ Avoid strenuous activities, especially during the hottest times of the day when the sun's rays are strongest, i.e., between 11 a.m. and 4 p.m.



- ☀️ Avoid prolonged exposure to the sun.
- ☀️ Stay in cool, air conditioned areas.
- ☀️ Avoid drinking liquids with a high level of alcohol, sugar, or caffeine content because they dehydrate the body.
- ☀️ Take a bath or shower to cool yourself down if necessary.
- ☀️ Wear a wide-brimmed, well-ventilated hat and light, pale-coloured clothing when you have to go outside.
- ☀️ Keep your house cool by closing the curtains and blinds during daylight.
- ☀️ If your house has two stories, open the second-story windows slightly to let the heat flow up and out.
- ☀️ Open the windows at night if it is cooler outside.

DID YOU KNOW?

Young children, seniors, and overweight individuals are the most sensitive candidates to heatstroke.

IMPORTANT: Heatstroke is a **medical emergency**. While waiting for the ambulance, try to cool down the affected person's body by moving them into the shade or a cool area and provide ventilation.

SUNBURN

Not only are sunburns often painful, they also harm the skin. Skin damage accumulates with each sunburn, which can prematurely age skin, weaken the immune system, and even increase the risk of skin cancer. The sun's UV (or "ultraviolet") rays are the culprits that cause sunburn.

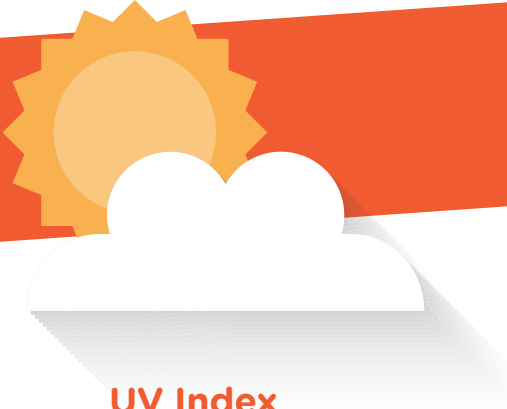
There are three types of ultraviolet radiation:

UVA: These rays contribute to **premature skin aging** (fine lines, wrinkles) and skin cancer. They are responsible for the immediate change in colour of skin and are what tanning salons use.

UVB: These rays are the main cause of **sunburn** and are estimated to be up to 1,000 more powerful than UVA rays. They also play a major role in skin aging and the appearance of skin cancer.

UVC: These rays are usually filtered by the ozone layer and never reach Earth.

UV rays clearly harm the skin, but the degree of damage that they cause depends on certain factors such as weather conditions, the humidity level, altitude, and latitude. The **UV index** was created to help people choose appropriate protection based on the intensity of UV radiation. The higher the index, the stronger the UV rays. The UV index can usually be found in newspapers, on the Internet, or on television.



UV Index

0-2		Low
3-5		Moderate
6-7		High
8-10		Very high
11+		Extreme

Source: Environment Canada, www.ec.gc.ca

How do you prevent sunburn?

-  Reduce sun exposure between **11 a.m. and 4 p.m.** (when the sun's rays are strongest).
-  Expose skin gradually.
-  Stay in the shade of trees or an umbrella.
-  Wear clothing that covers the arms and legs (close-knit fabric is ideal).

HELPFUL TIP

The time when the sun's rays are strongest is when your shadow is smaller than you!

- ☀️ Wear a wide-brimmed hat and wraparound sunglasses with UVA and UVB protection.
- ☀️ **Apply sunscreen with an SPF of at least 30 and make sure it protects against UVA and UVB rays.**
- ☀️ Protect your skin even on cloudy days because 80% of the sun's rays penetrate dark, heavy clouds and fog.
- ☀️ If you take medication, it may make your skin more sensitive to the sun. Ask your health professional if your medication is on the list of sun-sensitive drugs and find out what measures you need to take, if any.
- ☀️ Consider buying clothing made of specially treated fabric that helps protect skin from the sun.

Sunscreen

The effectiveness of sunscreen depends on the SPF (sun protection factor), among other things. The SPF represents the sunscreen's ability to filter or block UVB rays.

DID YOU KNOW?

SPF 30 sunscreen blocks about 97% of UVB rays, while SPF 60 blocks about 98%. Forget the myth that SPF 60 sunscreen provides twice as much protection or protects you twice as long as SPF 30 sunscreen. Whether you use SPF 30 or SPF 60, what matters is that you reapply sunscreen every two hours and after swimming!



Buying sunscreen (sunblock) may seem simple. However, below are a few key facts you need to know to find the ideal product for you.

☀ First of all, some lower-quality sunscreens don't have suitable filters. Look for **products that offer both UVA and UVB protection**.

☀ The SPF indicates **only UVB** protection. The Canadian Dermatology Association recommends a **minimum SPF of 30**.

☀ Look for the words **"waterproof"** and **"water resistant."**

Waterproof: Resistant to water and sweat for about 80 minutes.

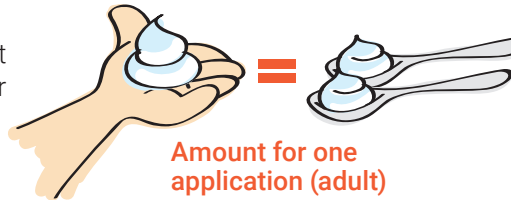
Water resistant: Resistant to water and sweat for about 40 minutes.

☀ For sensitive skin, look for the words **"sensitive skin"** on the package and make sure the sunscreen is non-comedogenic (antiblackhead), lightly scented or unscented, non-allergenic, and non-irritating.

☀ Products include gels, creams, lotions, sprays, and sticks. Cream is best for dry skin, while a lotion, gel, or spray is best for oily or hairy skin.

☀ A nice palmful (about 30 ml) is the right amount for one all-over application for an adult!

This is equal to one-quarter of a 120 ml bottle.



Remember if you don't use enough, your SPF 30 sunscreen may be equivalent to only SPF 15 on your skin.

Be sure to consult your health professional if you have any questions about choosing sunscreen.

Applying sunscreen: Follow these rules!

1. Apply sunscreen generously **20 to 30 minutes before** going outside. Don't forget the ears, nose, top of the feet, and behind the knees.
2. Reapply **every two hours** or **after swimming** or heavy **perspiration**.
3. Remember to protect your lips by applying minimum SPF 30 **lip balm**.
4. You can use physical sunscreen with a zinc oxide or titanium dioxide base. This type of product leaves a white coating on the skin but is able to block and reflect UVA and UVB rays and causes very few allergic reactions.

Sunscreen expiration date

Bottles of sunscreen are often exposed to high temperatures (on the beach, in the car) that can cause the ingredients to degrade faster and become less effective. All sunscreens have an expiration date, which must be respected to ensure product quality and effectiveness. Remember: If you always apply a sufficient amount of sunscreen for your outdoor activities, you shouldn't have any expired products!

IMPORTANT! According to the Canadian Dermatology Association, you can use a small amount of sunscreen on **babies under six months of age** (e.g., hands and face), although it's best to avoid the sun and use shade and clothing instead.

CAREFUL! It is recommended that you test the product by applying a tiny amount in the crook of the baby's arm and waiting 48 hours to see if there is any allergic reaction.

How do you treat sunburn?

Sunburn occurs with different degrees of severity. Mild cases of sunburn, which cause redness and sensitive skin, can be treated at home. However, you should consult a doctor for any sunburn that leads to blistering, facial swelling, fever, chills, or nausea.

Tips for relieving the pain of mild sunburn:

- ☀ Take a lukewarm bath (avoid cold water) or apply cool compresses.
- ☀ Thoroughly moisturize skin for several days after the sunburn. Apply an unscented moisturizing cream or lotion to the sunburn.
- ☀ Take a pain reliever if the sunburn is painful. Ask your health professional for advice.
- ☀ Avoid directly exposing the sunburn to the sun's rays.
- ☀ Protect skin with clothing or zinc oxide until it heals.

IMPORTANT! Keep in mind that once you get a sunburn, the damage has already been done—your skin has been burned and the goal is to relieve it. You need to give your skin time to recover and remember to use sufficient protection the next time!

The eyes are often neglected!

Along with protecting your skin, wearing sunglasses is key to complete sun protection. The most useful and beneficial place for them is in front of your eyes, so don't leave them on your head!

Dangers of the sun to your eyes

As with your skin, UV rays are the main culprits. They play a role in the formation of cataracts, inflammation of connective tissue, inflammation of the cornea, and even the appearance of melanoma of the eyelid. There is also another culprit—blue light. This is what causes glare when sunlight reflects off water and snow. Blue light can cause eyestrain and may be related to premature aging of the retina.

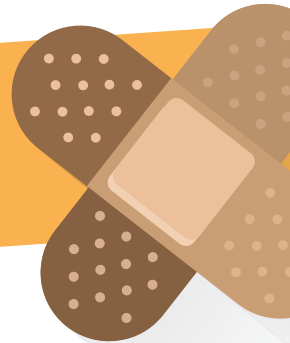
An ounce of prevention is worth a pound of cure!

To keep the sun's rays out of your eyes as much as possible, remember these sun safety tips:

- ☀️ Wear sunglasses that offer complete UVA and UVB protection and are dark enough to reduce light intensity for the activities and environments you enjoy. Consult an optometrist for the best advice on how to make the right choice for you.
- ☀️ Make sure your sunglasses provide full coverage: the lenses should be curved and the frame should follow the shape of your face.
- ☀️ Wear your most stylish hats—just make sure they have a wide brim.
- ☀️ Avoid sun exposure **between 11 a.m. and 4 p.m.** (when the sun's rays are strongest).
- ☀️ Remember to wear your sunglasses in the car! Sunglasses with polarized lenses help reduce glare when you're driving. Talk to a specialist!



SCRAPES



Most of the time, scrapes are minor wounds that, though dirty, can be easily treated at home. If you want to prevent them, it is first recommended that you follow the basic safety tips for each sport you participate in and use the protective gear required for each. If you do get a scrape, however, how should you treat it?

- ☀ First of all, you need to wash your hands properly.
- ☀ Remove larger bits of dirt with tweezers that have been cleaned with rubbing alcohol.
- ☀ Rinse the scrape under running water (e.g., tap water) if possible, to get rid of smaller particles, then remove the debris with a damp washcloth.
- ☀ Clean the scraped area **with soap and water.**

DID YOU KNOW?

Applying rubbing alcohol or hydrogen peroxide to the wound is not recommended. In addition to being extremely painful, it causes further damage to the skin and delays healing.

Effective cleaning with soap and water is sufficient.

- ☀️ Apply direct pressure to the scrape with a clean cloth or gauze for ten minutes if there is bleeding. If the cloth or gauze is soaked with blood, do not remove it. Simply place another cloth or more gauze on top and keep applying pressure.
- ☀️ Cover the scrape with a bandage. You'll find special bandages in pharmacies that are designed to fit knees, elbows, fingers, etc. The bandage will help speed healing and keep out dirt and bacteria.
- ☀️ Consult your health professional if the wound seems redder or more painful or swollen after a few days or if it shows signs of infection (pus, heat, redness, fever).
- ☀️ When you get a cut or scrape, it's always a good idea to make sure your tetanus shot is up to date.

DID YOU KNOW?

It's not necessary to apply antibiotic ointment to minor cuts that are not infected.

POISON IVY



Poison ivy is probably the most despised plant in the country! It's actually easier to avoid poison ivy than to treat the reactions it causes. Poison ivy can be found almost everywhere—in the woods, in fields, on the side of the road, in wet or dry soil, in the sun, and in the shade. Fortunately there are ways to avoid the adverse effects it causes.

How do you avoid poison ivy?

- ☀ Learn to identify this plant and when in doubt, steer clear! Its pointed leaves come in clusters of three, where the stem of the middle leaf is longer. They are reddish in spring, become dark green in summer, and turn yellow, red, or orange in fall.
 - ☀ Stay on cleared trails and wear long clothing.
 - ☀ The plant's resin can remain on clothing, objects, or pets that have come into contact with it for several days. Wash any clothing that may have been in contact with poison ivy separately in warm water and hang it outside to dry for a few days. Remember to wear gloves when handling anything that may be contaminated with poison ivy.
-

What can happen if you come into contact with poison ivy?

The toxic sap of the leaves causes an inflammatory reaction when it comes into contact with skin. This inflammation generally appears 24 to 48 hours after contact.



The symptoms of an allergic reaction to poison ivy are as follows:

- ☀ Pain and rash
- ☀ Itching
- ☀ Formation of bumps and blisters in the affected area
- ☀ Oozing liquid released by broken blisters
- ☀ Drying up of the liquid and formation of a crust

Don't worry—you can take certain measures to alleviate the symptoms, which generally disappear in 7 to 10 days.

It itches!

How do you relieve the symptoms?

- ☀ Ideally, you should rinse the affected area with cold water as soon as possible.
- ☀ Cold compresses can also be applied to alleviate discomfort.
- ☀ Some products available in pharmacies, such as anti-inflammatories, antihistamines, or astringent solutions, can also be useful in soothing itching and reducing pain. Contact your health professional for more information.
- ☀ To prevent infection, it's best to avoid scratching skin.

And don't worry! Contrary to popular belief, the allergy (dermatitis) is not reactivated year after year unless you're exposed to poison ivy again!

FOOD POISONING

Each year, summer brings its share of food poisoning. Hot outdoor temperatures and family barbecues are part and parcel of the season. The combination of the two can quickly lead to rather unpleasant yet avoidable situations.

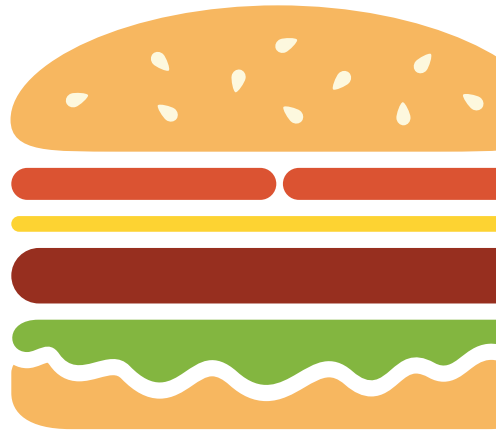
Most cases of food poisoning, which occurs when contaminated products are consumed, are mild and don't last long. Symptoms generally include nausea, vomiting, diarrhea, abdominal cramps, headache, etc. In some cases, they can become problematic and even life-threatening. That's why it's important not to take the situation too lightly and consult a health professional if needed.

Take these preventive measures to stay healthy this summer!

- ☀ First and foremost, wash your hands and work surfaces with hot, soapy water before and after handling raw meat.
- ☀ When thawing food, be sure to use one of the three recommended methods: in the fridge (0°C to 4°C), in the microwave, or under cold water. Avoid thawing food at room temperature.
- ☀ Once your food is thawed, cook it right away!
- ☀ Store food at the recommended temperature. In other words the temperature range of the danger zone is between 4°C and 60°C, because bacteria multiply quickly in this range.



- ☀️ Prevent ground meat from being contaminated with E. Coli bacteria, which causes hamburger disease, among other things. Be sure to cook meat at the right temperature. The internal temperature of ground meat patties should be 71°C (160°F) when they're cooked. Remember to clean your thermometer after each use.
- ☀️ Do not use leftover marinade to brush cooked meat or to make sauce (unless it's boiled).
- ☀️ Avoid putting cooked meat in contact with raw meat or kitchen utensils used to handle raw meat.
- ☀️ Avoid leaving mayonnaise and other condiments exposed to the sun. They, too, can become a source of contamination.
- ☀️ Keep in mind that any type of raw meat can be contaminated by bacteria—even chicken and fish.



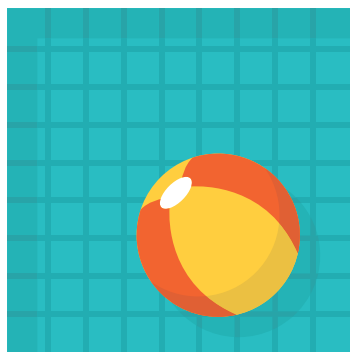
SWIMMER'S EAR

Children often want to spend the whole day in the pool and like to dive and swim underwater. Swimmer's ear, also known as otitis externa, is commonly associated with water sports. It occurs when water remains in the ear after swimming, leaving the outer ear canal wet. This prolonged warmth and wetness leads to skin damage and an infection or inflammation that generally causes itching, redness, and pain in the ear.

Otitis externa is relatively easy to recognize. In general, you feel pain when you gently pull on your earlobe.

How do you prevent swimmer's ear?

- ☀ The secret is to keep your ears dry! After swimming or showering, be sure to dry your ears properly.
- ☀ Avoid using cotton swabs to clean your ears. Instead, wash the outer ear (the auricle or pinna) with a warm, damp washcloth and mild soap.
- ☀ Avoid putting your head under water while swimming, or wear a bathing cap that keeps water out of your ears.
- ☀ Make sure the water you swim in is clean.



How do you treat swimmer's ear?

- ☀ Swimmer's ear is generally treated with ear drops available at the pharmacy. Consult your health professional for more information.
- ☀ You can relieve the pain by taking an oral analgesic if needed.
- ☀ Keep water out of your ears throughout treatment. Be careful in both the shower and the pool.
- ☀ If your condition worsens or if there's no improvement after three to five days of treatment, you should consult a doctor.

DID YOU KNOW?

Cerumen (ear wax) protects your ears from infection. The insides of your ears clean themselves—cotton swabs are not required.



ATHLETE'S FOOT

Athlete's foot is a fungal infection that contaminates the feet. The fungus that causes athlete's foot needs two main things to grow: heat and moisture. That's why fungal infections are most often found in the warmest and moistest parts of the body, such as in the groin, between the toes, and under the breasts. These two factors are also frequently found together at public pools and locker rooms—two places where you are most likely to develop this type of infection.

How do you recognize athlete's foot?

Inspect your feet! The skin between your toes is often cracked at the start of infection. The edge of the cut is initially red and dry but becomes increasingly moister if left untreated. The more the infection progresses, the more easily your skin peels and small, white patches of skin break off. Athlete's foot can also cause itching and an unpleasant odour.

How do you prevent athlete's foot?

-  Keep your feet clean, cool, and dry. Thoroughly dry your feet and the spaces between your toes with a clean towel after showering or swimming.
-  Wear sandals in changing rooms, in communal showers, and around public pools.
-  Wear cotton or wool socks that absorb moisture and change them as needed during the day.
-  Sprinkle the insides of your shoes with talcum powder or an antifungal product to absorb moisture.
-  Don't wear the same pair of socks two days in a row; let them dry out.

DID YOU KNOW?

Athlete's foot is contagious. If you have it, for example, you could transmit it to those around you if you lend them your towels, socks, or shoes. **Careful!** You could even infect other parts of your own body (e.g., the groin) after touching the lesions on your foot.

- ☀️ Treat any excessive foot perspiration. It could be the cause of athlete's foot. Ask your health professional for advice.

How do you treat athlete's foot and other places infected by the fungus?

- ☀️ You can use an over-the-counter antifungal product (medication that destroys fungus) to treat most fungal infections. Athlete's foot and fungus in the groin and under the breasts can all be treated with the same product.
- ☀️ Fungal infections cannot be cured overnight. In addition to recommendations for prevention, antifungal products must generally be applied for two to three weeks before the symptoms disappear.
- ☀️ Even if the symptoms have disappeared, continue applying the product for another week to completely eliminate the fungus. If you are not diligent in your treatment, the symptoms may reappear.
- ☀️ If you are not noticing any improvement or if your condition worsens after 2 weeks of treatment, consult your doctor or podiatrist.
- ☀️ Consult your health professional if you notice ulcers, swelling in the feet, or deterioration of one or more of your toenails, as these symptoms may be a sign of a more serious infection.

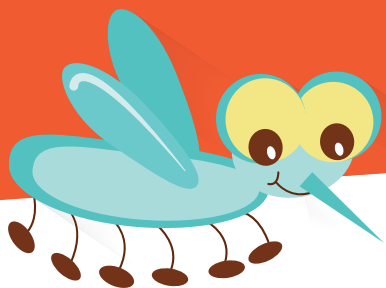
INSECT BITES

It's not always easy to avoid mosquitoes and other biting insects when you're taking part in summer sports, camping, or simply working outside. You try to avoid insect bites because they often cause itching, discomfort, and sometimes pain, but also because certain insects carry diseases.

In Canada, mosquitoes can transmit West Nile virus and ticks can transmit Lyme disease. But don't panic! The risk of being infected with either disease by these insects is low. Despite this, Health Canada recommends preventing mosquito and tick bites by applying an effective insect repellent. Insect repellents do not kill insects—they repel them.

How to prevent insect bites

-  Wear light-coloured clothing as mosquitoes are less attracted to it and it makes ticks more visible.
-  Wear long sleeves, long pants, closed shoes, and a hat. Preferably insects should not be able to get into your clothing at the wrists, ankles, and neck.
-  Use mosquito or insect repellent on the exposed parts of your body, except the face.



Mosquitoes in particular:

- ☀️ Avoid fragrances as they attract mosquitoes.
- ☀️ Mosquitoes prefer locations with stagnant water. Remember to remove any water from pool covers, flower pot saucers, children's wading pools, etc.
- ☀️ Make sure your window and door screens are in good condition and be sure to keep your doors shut to prevent mosquitoes from getting in.
- ☀️ Mosquitoes are especially active at dusk and dawn. Try to do more to protect yourself at these times of day.

Ticks in particular:

- ☀️ When taking a nature walk, stay on cleared trails and avoid tall grass.
- ☀️ After your walk, remember to examine your clothing, shoes, and hair for ticks. Remember to examine your pet as well, if you have one.

Which insect repellent should you get?

There are various insect repellents on the market. Those formulated with DEET, icaridin, and lemon eucalyptus (not to be confused with eucalyptus oil or citronella), are the most recommended products. **However, DEET and icaridin repellents are preferred for preventing tick bites.**

Recommendations for use vary depending on age and the desired protection time.

AGE GROUP	TYPE OF REPELLENT	PROTECTION TIME	ADVICE
Children under 6 months	None		Long clothing + mosquito netting on stroller or crib
Children age 6 months to 2 years	Product with 20% icaridin or less	8 to 10 hours or less	Apply according to the length of exposure
	Product with 10% DEET or less	3 to 5 hours or less	Apply up to once a day
	Product with lemon eucalyptus	5 hours or less	Avoid
Children age 2 to 12 years	Product with 20% icaridin or less	8 to 10 hours or less	Apply according to the length of exposure
	Product with 10% DEET or less	3 to 5 hours or less	Apply up to 3 times a day
	Product with lemon eucalyptus	5 hours or less	Avoid on children age 3 and under Apply up to twice a day
Individuals 12 and older	Product with 20% icaridin or less	8 to 10 hours or less	Apply according to the length of exposure
	Product with 20% to 30% DEET	6 hours or less	
	Product with lemon eucalyptus	5 hours or less	Apply up to twice a day
Pregnant or nursing women	Product with 20% icaridin or less	8 to 10 hours or less	Apply up to twice a day
	Product with 20% to 30% DEET	6 hours or less	

Source: Government of Quebec, sante.gouv.qc.ca/en/conseils-et-prevention/se-proteger-des-piqures-de-moustiques/

When applying insect repellent, follow these rules:

- 1.** Apply insect repellent in small quantities and only on exposed areas of the body and clothing. Never apply insect repellent under clothing.
- 2.** Do not apply insect repellent to open wounds or irritated or sunburned skin as it will cause pain and be more readily absorbed through the skin.
- 3.** Do not apply insect repellent to a child's hands or face. This will reduce the risk of product getting into the child's eyes or mouth.
- 4.** Never spray insect repellent inside a tent. Be sure to use the product in a well-ventilated area away from food.
- 5.** Reapply insect repellent only if you are still exposed to insects, in accordance with the manufacturer's recommendations.
- 6.** When protection is no longer required, wash treated skin with soap and water.
- 7.** If you wish to use both sunscreen and insect repellent, it is recommended that you apply sunscreen first and wait 15 to 20 minutes to let it penetrate your skin before applying insect repellent.
- 8.** Do not use products that combine sunscreen and mosquito repellent. Sunscreen must be applied more generously and more often than mosquito repellent.

Despite all the precautions you take to avoid insect bites, you might still get bitten.

How do you treat a mosquito bite?

- ☀ Put ice on the bite to reduce swelling, itching, and pain. **(Careful! Do not place ice directly on skin as it may cause ice burn.)**
- ☀ Avoid scratching the bite, as this may cause the area to become contaminated and infected. To limit children from scratching, it is recommended that you keep their fingernails short.
- ☀ Avoid wearing tight, irritating clothing on the bite area.
- ☀ To relieve the itching and pain caused by an insect bite, pharmacies offer creams containing an anesthetic, antihistamine, or hydrocortisone.

CAREFUL! Applying some of these products may cause allergic reactions. Ask your health professional for help.

- ☀ For children under two, it's always best to consult a health professional before applying an over-the-counter product on an insect bite.

CAREFUL! If you are severely allergic to certain insect bites, always remember to take the medication you need with you. Furthermore, to ensure your medication is effective in an emergency, regularly check the expiration date and teach your loved ones how to administer it.



DID YOU KNOW?

If you get stung by a bee, it's important to remove the stinger carefully. Avoid crushing it or using tweezers as this will release more venom into the skin and thereby increase the pain and itching.

PLANTAR WARTS

You don't always think of wearing sandals when you're walking around indoor or outdoor pools. However, this is the type of environment where you most often get those notorious plantar warts. Plantar warts are caused by a virus and are more common in young adults and children. They most often appear on the soles of the feet, are covered by a thin layer of hard, rough skin, and generally have tiny black dots on the surface. The more friction and pressure in the area where the warts are, the more painful they are.

How do you prevent plantar warts?

- ☀️ Avoid walking barefoot in public places such as gyms, pool areas, and showers.
- ☀️ Avoid walking barefoot at home if a family member is infected. Anyone who is infected should have their own towels and bathmat to prevent contamination.
- ☀️ Keep your feet dry (the virus grows in moist environments).

DID YOU KNOW?

The virus can be spread directly (e.g., if someone touches a wart) or indirectly (e.g., if someone touches objects that have been in contact with a wart).

How do you treat plantar warts?

First and foremost, remember to avoid the virus by covering warts with a bandage during treatment and washing your hands after touching a wart or the flaking skin around a wart.

With the help of your health professional, you can choose from among the various over-the-counter products available to treat warts.



SALICYLIC ACID PRODUCTS

These products help gradually eliminate the skin layers of the wart right down to the root.

Salicylic acid products come in cream, solution, and bandage form. To treat warts properly, it's important to follow all the steps and be diligent throughout treatment.

Steps to follow:

1. Soak your foot in warm water for five to ten minutes to soften the skin.
2. File down the excess rough skin on the wart without making it bleed (only use the file for this purpose).
3. Protect the edges of the wart with nail polish or petroleum jelly so that healthy skin doesn't get damaged.
4. Apply the treatment once a day, ideally at bedtime.
5. Repeat these steps according to the manufacturer's or your health professional's recommendations.

PRODUCTS THAT FREEZE WARTS

These products cause a cold burn. First they freeze the skin, then a blister forms underneath the wart. The blister and frozen skin generally fall off within 10 days.

The methods for using these products and salicylic acid products are quite different and also vary from one manufacturer to the next. It is therefore very important to read all the recommendations listed on the package and follow the full course of treatment. Check with your health professional to determine whether these products are appropriate for you and obtain all the necessary information for their safe use.

CAREFUL! If you're diabetic or have circulation problems, **never** try to remove a wart yourself using instruments or chemical products. Call a foot care specialist.

Conclusion

This guide was designed to be a practical and useful everyday tool to help you better manage the minor aches and pains that tend to occur in summer. Keep in mind, however, that an ounce of prevention is worth a pound of cure. Remember to wear appropriate clothing, wear your sunglasses on your nose, stay hydrated, and always use a sufficient amount of sunscreen before going outside. By following the recommendations suggested in this guide, you should have a wonderful, healthy summer!

Sources and useful links

1. Canadian Cancer Society:
cancer.ca/en
 2. Canadian Dermatology Association:
dermatology.ca
 3. Familiprix :
familiprix.com
 4. Government of Canada:
- healthycanadians.gc.ca
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 5. Health Guide, Government of Quebec:
guidesante.gouv.qc.ca/en/
Information on current health problems,
including accidents and mishaps
 6. Naître et grandir: naitreetgrandir.com
Index of the most common childhood diseases
 7. The College of Family Physicians of Canada:
cfpc.ca
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 8. The Weather Network:
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To check the daily UV index
-

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