

# 4 Tips to Stay Safe and Healthy on Green Up Day

## 1. Stay safe in the sun, even if it's cloudy!

- Use plenty of sunscreen with an SPF of 30 or higher, even if it is overcast.
- Protect your face and eyes from the sun with a hat and sunglasses.
- Cover up with long sleeves and long pants.

## 2. Be careful near roadways.

- Review road safety rules with children before you head out.
- Wear light or bright-colored clothing.
- Work facing oncoming traffic.

## 3. Know what to do with needles.

- Tell children to get an adult if they find a needle.
- To safely dispose of a needle:
  1. Use gloves and pliers or tongs to pick up the needle.
  2. Place the needle in a thick plastic container, screw the lid on and tape it shut with duct tape.
  3. Write "Do Not Recycle" on the container and toss it in the regular trash.

**Learn more: [www.healthvermont.gov/NeedleDisposal](http://www.healthvermont.gov/NeedleDisposal)**

## 4. Be Tick Smart.

- **Protect** yourself with an EPA-registered insect repellent and wear long pants.
- **Check** your whole body for ticks when the day is done.
- **Remove** any ticks as soon as you can using tweezers.
- **Watch** for symptoms of tickborne illness and tell your doctor if you feel sick.

**Learn more: [www.healthvermont.gov/BeTickSmart](http://www.healthvermont.gov/BeTickSmart)**



Find more Green Up Day tips at:

**[greenupvermont.org](http://greenupvermont.org)**

