

 **BE SURE TO BRING:**

- **INSECT REPELLENT**—one that contains 20-30% DEET
- **FOOD THERMOMETER**
- **COOLER WITH ICE OR ICE PACKS**
- **WATER FILTER**—if you are not bringing your own supply or if there is no safe water available at the site you are camping at.
- **FIRST AID KIT**
- **ANTIBACTERIAL SOAP and a SMOOTH CONTAINER**—for washing hands and dishes
- **SUNSCREEN**—at least 30spf



Your guide to a fun and safe Wisconsin camping experience.*

Welcome to Wood County, Wisconsin! Enjoying nature is one of the best ways to spend time with friends and family. Being informed on ways to stay safe and healthy during your camping trip ensures that you have enjoyable experiences that will become lasting

*This guide is meant to be a reference, and is not all inclusive. It only provides recommendations and suggestions, and you are ultimately responsible for deciding what is best for you and your loved ones.

Wood County Health Department

Riverview Building, 4th Floor
420 Dewey Street
Wisconsin Rapids WI, 54494
Phone: 715-421-8911
Fax: 715-421-8962

Wood County Park and Forestry

Wood County Courthouse, 2nd Floor
Wisconsin Rapids, WI 54494
Phone: (715) 421-8422

For a list of nearby parks and beaches in Wood County visit:

<http://www.co.wood.wi.us/Departments/Parks>

For more information on these topics visit:

MOSQUITOES & TICKS

<http://www.cdc.gov/Features/stopmosquitoes/index.html>

<https://www.dhs.wisconsin.gov/tickborne/index.htm>

http://www.cdc.gov/ticks/avoid/on_people.html

<https://www.dhs.wisconsin.gov/tickborne/tickborne-diseases-chart.pdf>

WATER ILLNESSES & SAFETY

<http://www.cdc.gov/features/healthyswimming/index.html>

<https://www.dhs.wisconsin.gov/water/bg-algae/index.htm>

FOOD SAFETY

http://datcp.wi.gov/uploads/Food/pdf/dfs_fs_075_11PHFHolding.pdf



**SMART & SAFE CAMPING:
A Health & Safety Reference
to the Wisconsin Outdoors**



Wood County Parks and Forestry
Wood County Courthouse, 2nd Floor
Wisconsin Rapids, WI 54494

CAMPING FOOD SAFETY

Here are a few tips to ensure that you enjoy food cooked outside at your campsite safely:

- **Keep cold foods cold:** make sure food that needs refrigeration remains at **41°F or below**, while frozen foods should remain at **32°F or below**
- **Cook and keep food to temperature:**

Food Product	Temperature
Poultry	≥165°F
Ground/Mixed Meat	≥155°F
Whole Muscle Meat (steak, fish, etc.)	≥145°F
Eggs, vegetables for hot holding	≥135°F
Reheating pre-cooked leftovers	≥165°F, then keep hot at 135°F or higher

- Once cooked to specified temperature, keep food **at least 135°F**, or cool down to **70°F or below within 2 hours**, then **41°F or below within 6 hours**
- Wash dishes with soap and water, and allow to air dry
- Know where to dispose of trash, or bring a durable animal-proof container to store trash until you can dispose of it safely. Do not burn your garbage.

MOSQUITOES

With warmer temperatures, mosquitoes soon follow. Not only are mosquitoes pesky, but they also can carry West Nile Virus (WNV) and spread it when they bite. WNV can make you very sick, so be sure to:

- Wear **insect repellent** that contains DEET
- Wear **long sleeve clothing and pants** when weather appropriate
- **Prevent bites** by keeping mosquitoes outside your tent or cabin
- **Don't plan outdoor activities during peak mosquito activity times:** dawn and dusk hours are when mosquitoes are most active



TICKS

Ticks are most active from April to September and can carry Lyme Disease, Anaplasmosis, and Yellow Tick Fever. To avoid tick bites:



- Stay out of wooded areas and areas with tall, thick grasses and shrubs
 - Wear bug repellent with at least 20-30% DEET
 - **ALWAYS** check yourself for ticks after being in grassy or wooded areas; this consists of a full-body tick-check
- If you find a tick, do not crush it, place it in alcohol or a plastic bag. If a tick is attached remove it by:
- Using a tweezers, grasp the tick as close to the skin as possible, then pull straight up without twisting or jerking
 - Contact your medical provider if you develop a rash or fever after removing a tick, even if it is a few weeks later

WATER SAFETY

The water provides a refreshing escape from the heat and humidity of summer. Here is how to avoid injury and water borne illnesses:



POOLS, BEACHES & NATURAL BODIES OF WATER

- **Look at the shore/deck and surrounding swim area.** If it is littered with garbage or animal feces, or has sharp edges or cracks in the deck, it is best to choose another place to swim.
- **Watch your children constantly**, and do not drink alcohol if swimming or watching swimmers
- **Use sunscreen** of at least **30spf**, and reapply it according to the directions on the container
- **STAY HYDRATED** and drink water often, even if you do not feel thirsty
- **Take a break from the water every hour** to get a drink, use a designated restroom, and reapply sunscreen
- **Have insect repellent on hand**—you can use it if it gets buggy out
- If the water is deep green and you cannot see the bottom in shallow water, it may be a **blue-green algal bloom** also known as a **Harmful Algal Bloom (HAB)**. Keep children and pets out of the water, and do not swim or ski in water with a suspected bloom.
- **Check the pH of a pool:** low chlorine levels increase the chance of contracting a water borne illness. You can purchase chlorine test strips at most hardware stores.
- If canoeing or kayaking, **wear a properly fitting personal floatation device (PDF)** and closed-toe shoes for protection.

