

## Your Health This Summer

### Beat The Heat

Temperatures during the summer in B.C. can sometimes exceed 30°C. Learn how you can [beat the heat](#) and stay cool during the warm weather.

We all want to make the most of the beautiful B.C. summers, while staying safe.

If you are spending more time outdoors, you may increase your risk of getting injured. You could be exposed to bugs and heat. [Wildfires](#) may expose you to smoke.

To help you enjoy the summer months, see the information below on taking care of yourself and your family.

### Featured Topics

#### Food Safety

The risk of food borne illness can increase during the summer. This is because hot and humid weather can create conditions for bacteria to grow and thrive. People may also be less likely to follow food safety guidelines when eating outside. Most food borne illnesses are preventable. Learn how to safely prepare and store your food for summer barbeque, picnic and camping meals.

- [Disinfecting Drinking Water \(HealthLinkBC File #49b\)](#)
- [Food Safety: Easy Ways to Make Food Safer \(HealthLinkBC File #59a\)](#)
- [Home Canning – How to Avoid Botulism \(HealthLinkBC File #22\)](#)
- [Summer Food Safety](#)
- [Unpasteurized Fruit Juices and Ciders: A Potential Health Risk \(HealthLinkBC File #72\)](#)

#### Insect Bites and Stings

You are likely to come into contact with biting and stinging insects during the summer months. Don't let bugs stop you from enjoying the warm weather. Learn what you can do to prevent being bitten or stung:

- [Insect Bites and Stings and Spider Bites](#)
- [Insect Repellents and DEET \(HealthLinkBC File #96\)](#)
- [Preventing Insect Stings](#)

There are over 20 types of ticks in B.C. A few are known to carry a bacterium that cause Lyme Disease. The BC Centre for Disease Control works in cooperation with local health authorities to monitor for [Lyme disease](#). Ticks found by BC residents can be identified for free by submitting a photo of the tick to eTick. [www.etick.ca](http://www.etick.ca). For more information on tick bites, see [Tick Bites and Disease \(HealthLinkBC File #01\)](#).

## Physical Activity

The summer months are a great time for outdoor activities such as camping, hiking and biking. Learn information on how you and your family can enjoy the outdoors while staying safe and healthy:

- [Canadian Red Cross: 5 ways to stay safe and cool while being active outdoors](#)
- [Health Risks in the Wilderness \(HealthLinkBC File #24\)](#)
- [Petting Zoo and Open Farm Visits \(HealthLinkBC File #61b\)](#)
- [Preventing Children's Injuries From Sports and Other Activities](#)
- [Quick Tips: Staying Active in Hot Weather](#)
- [Walking Log](#)

For physical activity or exercise advice, you can call **8-1-1** to speak with a qualified exercise professional Monday to Friday from 9am to 5pm Pacific Time.

## Sun and Heat

One of the best parts about summer are the long, warm days. However, spending too much time in the sun or heat may affect your health if you aren't prepared. Learn how to protect yourself and your family:

- [Beat The Heat](#)
- [Canada Safety Council: Hot Car Warning](#)
- [Heat-related Illness \(HealthLinkBC File #35\)](#)
- [Sun Safety for Children \(HealthLinkBC File #26\)](#)
- [Sunburn](#)
- [Ultraviolet Radiation \(HealthLinkBC File #11\)](#)

## Swimming and Water Safety

Taking a dip in a pool, lake, river or the ocean is a fun and enjoyable way to beat the summer heat. Before you head to the water, remember to check our [Public Health Alerts In Your Area page](#) for your local health authority pool, lake, river or beach advisories. Learn how to keep yourself and your family safe in and around the water this summer:

- [Child Safety: Preventing Drowning](#)
- [Safety Tips for Swimmers \(HealthLinkBC File #39\)](#)
- [Swimmer's Ear \(Otitis Externa\)](#)
- [Swimmer's Itch \(HealthLinkBC File #52\)](#)

## Travel Health

Travel health and safety requirements will vary depending on your destination. For up-to-date travel safety information, see [Travel.gc.ca](#) and Government of Canada: [Well on Your Way - A Canadian's Guide to Healthy Travel Abroad](#).

To learn more about travel, click on the links below.

- [Diabetes: Travel Tips](#)
- [Travel During Pregnancy](#)
- [Travel Health](#)
- [Travel Immunizations for Adults \(HealthLinkBC File #41c\)](#)
- [Travelling with children \(HealthLinkBC #41d\)](#)

## Wildfires

Wildfire season is now underway. Every year in British Columbia there are hundreds or thousands of wildfires (also called forest fires), which can affect your health and safety. Exposure to air pollution can irritate your lungs, which causes inflammation and can alter your immune response.

- [Wildfires and Your Health](#)
- [Wildfire: Its Effects on Drinking Water Quality \(HealthLinkBC File #49f\)](#)

## Useful Websites

### BC Centre for Disease Control (BCCDC)

The BC Centre for Disease Control (BCCDC) is an agency of the Provincial Health Services Authority. They provide provincial and national leadership in public health through surveillance, detection, prevention and consultation.

The BCCDC is encouraging everyone to be aware of disease-causing ticks and prevention of Lyme disease that can result from a tick bite. Learn what you can do to help keep you and your family safe:

- [BC Centre for Disease Control: Lyme Disease \(Borrelia burgdorferi infection\)](#)
- [BC Centre for Disease Control: Tick Talk](#)
- [BC Centre for Disease Control: Tick Talk \(video\)](#)

### Health Canada

Health Canada is the federal government department that is responsible for helping Canadians maintain and improve their health. Learn more about staying safe in the sun and heat:

- [Government of Canada: Sunscreen tips](#)
- [Government of Canada: Stay sun safe](#)
- [Government of Canada: Staying Healthy in the Heat](#)
- [Government of Canada: Keep children cool!](#)
- [Government of Canada: It's way too hot! Protect Yourself from Extreme Heat](#)

**Last updated:** June 2023