

Healthy Hiking and Camping

Wear long sleeves, trousers and insect repellent to prevent bites by ticks and mosquitoes

Ticks and mosquitoes can carry diseases that can make you very sick

After your hike, check for ticks (some are as small as this dot “.”)



Do not touch any dead animals

Don't feed or touch any wildlife

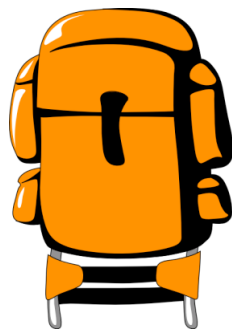


When camping, always keep your tent zipped up or use a mosquito net to keep out mosquitoes and snakes

Zoonotic diseases such as Leptospirosis, Giardiasis, or Sarcocystis can be contracted through exposure to water and mud contaminated with the urine of infected animals like rats.

Do not swim or wade in stagnant waters or slow-moving streams

Do not drink out of waterfalls, streams or stagnant water. Bring your own water



Go see a medical doctor:

- If you have been hiking or camping in the forest or bitten by a mosquito or tick, and;
- You develop flu-like symptoms including fever, chills, headache and or muscle pain.