Pink Eye:
Usually Mild and Easy to Treat

Pink eye, also known as conjunctivitis, is one of the most common and treatable eye conditions in the world. It is an inflammation of the conjunctiva, the thin, clear tissue that lines the inside of the eyelid and the white part of the eyeball. This inflammation makes blood vessels more visible and gives the eye a pink or reddish color. Most cases of pink eye are mild and get better on their own, even without treatment. However, there are times when it is important to see a healthcare provider for specific treatment and/or follow-up. Pink eye caused by a virus or bacteria is very contagious and spreads easily and quickly from person to person. Pink eye that is caused by allergens or irritants is not contagious, but it is possible to develop a secondary infection caused by a virus or bacteria that is contagious. You can reduce the risk of getting or spreading pink eye by washing your hands, avoid touching or rubbing your eyes, and avoid sharing makeup, contact lenses and containers, and eyeglasses. See conjunctivitis prevention for more information.
Have Fun in the Sun!

The arrival of spring and summer means days at the pool, family picnics, baseball and other outdoor activities. Here are some tips to keep your family physically active in the warmer months:

- **Hydrate!** Drink plenty of water before, during and after physical activity to avoid dehydration. For low-calorie flavor, add slices of your favorite fruits such as melon, oranges, berries or even cucumber or mint to a pitcher of water and refrigerate for two hours or more.

- **Protect your family from the sun.** Wear wide-brimmed hats, always apply water-resistant sunscreen with at least SPF 15 and reapply sunscreen every two hours.

- **Plan wisely.** Avoid intense activities between noon and 3 p.m. when the sun is at its strongest.

- **Dress for the heat.** Wear lightweight, light colored clothing, choose light, breathable fabrics such as cotton, and wear sunglasses to protect your eyes.

- **Head indoors.** When the heat gets unbearable, try indoor activities at your local YMCA or rec center like basketball, swimming, yoga, or racquetball.

- **Be informed.** Read [Staying Active in Warm Weather](#) and [Staying Hydrated - Staying Healthy](#) for more information.

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Healthy Grilling and Barbecuing

Grilling is a fun and flavorful way to cook no matter the season—even if it’s cold outside! Who doesn’t love to cook together with friends outdoors in the summer and tailgate at the games during the fall and winter? The best part is that grilling can be one of the healthiest ways to cook! Read [Staying Active in Warm Weather](#) for more information.

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Protect Your Child from Mosquito Bites:

- Do not use insect repellent on babies younger than 2 months old.
- Do not use products containing oil of lemon eucalyptus or para-methane-diol on children younger than 3 years old.
- Dress your child in clothing that covers arms and legs.
- While outside, cover crib, stroller and baby carrier with mosquito netting.
- Do not apply insect repellent onto a child’s hands, eyes, mouth, or cut or irritated skin.