

**U.S. ARMY**

Woodworks Community Information Forum – MAY 2021

COL Paine, Garrison Commander

Ms. Megan O'Donoghue

Director

**Family and Morale, Welfare and
Recreation**



Woodworks / Fort Leonard Wood

PURPOSE

Community Outreach

Woodworks is designed to be an information exchange and dialogue between the Garrison and the Fort Leonard Wood community on a range of topics and interests.

The intent is to gain a better understanding of community issues, share information, upcoming events, and network to improve quality of life for service members, families, civilians and retirees.





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AGENDA

- Opening Remarks / Garrison Commander or Representative
- Panel Speakers
- Brief by Exception
- Open Forum to follow / Questions & answers

Woodworks ICE – Questions/Comments

If you have any questions you would like addressed, you can submit them through ICE at

<https://ice.disa.mil/index.cfm?fa=card&sp=145057&s=447>

Or click the QR code





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DFMWR / Business & Recreation



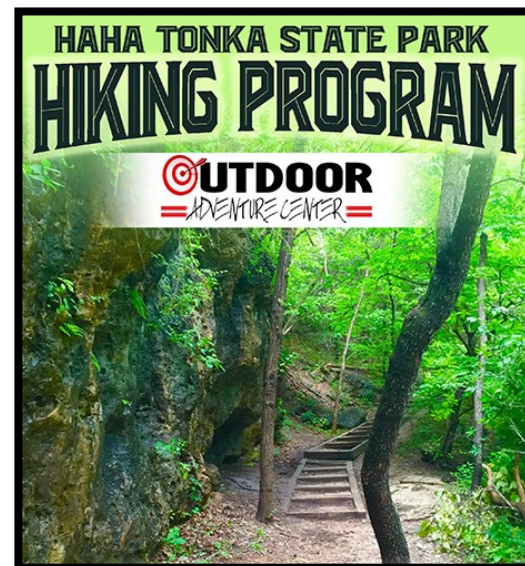
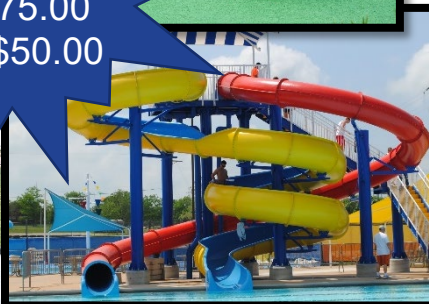
RecPlex

Monday & Tuesday CLOSED

Wednesday – Sunday
1200-1900

Pool Party Hours
Wednesday – Sunday
1900-2100 +

Season Pool Pass
Family \$175.00
Individual \$50.00



Embark on a guided tour through HaHa Tonka State Park. Trail difficulty and length will vary with each route taken.

Join us to see all this beautiful park has to offer! Program begins 22 May, call the Outdoor Adventure Center for more information and to sign up!

Pool Party 2 hours After Close - \$150.00
Each Additional Hour \$75.00

Party Room 2 hours during Open Hours – \$90.00
Includes pool access for 15 guests
\$2 each additional guest





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Bruce C. Clarke Community Library: Story Walk

May 12 2021, 11 am - 4 pm

"Pete the Cat: Crayons Rock" by Kim & James Dean!
There will be chalk and bubbles for the kids to play with after their walk.

Calling all book worms!



Coming soon the 2021 DOD Summer Reading Program!!



Outdoor Adventure Center:

Float Trips

2 hour trip \$35 canoe
4 hour trip \$45 per canoe

Rentals

Float Tubes \$10/day
Kayaks \$50/day - \$90/Wknd
Canoes \$50/day - \$90/Wknd

Yard Games, Grills, Boats and much more!

Lake of the Ozarks Recreation Area: Bass Tournament

Grab your fishing rod and lure in the big one!

Tournament Dates/Times:

- May 15 - 7 a.m. to 3 p.m.
- June 4 - 7:30 p.m. to 1 a.m.
- July 9 - 7:30 p.m. to 1 a.m.
- August 6 - 7:30 p.m. to 1 a.m.



Cost

- \$40 per team
- \$10 additional Big Bass (optional) per boat



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LIFEGUARD CLASSES

CLASS 1

Pre-course session **MAY 14**, 4:00pm-6:30pm (must pass to continue class)
Class dates: May 15, 16, 22, 23: 12 pm-8 pm

\$225 per person (military), \$275 (civilian), ages 15 1/2 and up.
Must register by May 14, 3pm with Nikki Stone or Shawn Koehler at DFC Indoor Pool.

\$115 deposit due at sign up. **NO REFUNDS.**
Balance due after passing pre-test the night of the pre-course session, no exceptions.

Candidates must swim 300 yards continuously, using strokes in the following order:
100 yards of front crawl using rhythmic breathing and stabilization, propellant kick,
100 yards of breaststroke using a pull and breathe, kick and glide sequence,
100 yards of either front crawl or breaststroke, or a combination.
Swim 20 yards using front crawl or breaststroke,
Surface dive to a depth of 10-14 feet, retrieve an object, return to surface and swim 20
yards on their back to the start point, and exit water onto top of pool deck within 1m / 40 sec

Minimum of 4 students / Maximum of 15. Must attend all classes for certification.
Open to the public. All students must wear a mask in the classroom.



573-596-2810
LEONARDWOOD.ARMYMWR.COM





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CYS ~ Summer Fun

CYS Summer camp offers the opportunity for children and youth to be introduced to a wide variety of activities and group projects. The CYS programs are proud members of 4-H and Boys and Girls Club of America.

SAC Camps

MST Camps

WEEK		DATES	THEME
1	ANML	5-31 6-04	Animal Planet
2	DISN	6-07 6-11	Disney Channel
3	COM	6-14 6-18	Comedy Central
4	ESPN	6-21 6-25	Entertainment Programming Network
5	FOOD	6-28 7-02	Food Network
6	DISC	7-06 7-09	Discovery Channel
7	DIY	7-12 7-16	Do It Yourself
8	SYFY	7-19 7-23	Science Fiction
9	HIST	7-26 7-30	History Channel
10	MTV	8-02 8-06	Music Television
11	TRU	8-09 8-13	Tru Television
12	WEAT	8-16 8-20	Weather Channel



Summer Camp Programming will include:

1. Education support and career exploration
2. Character and Leadership Development
3. Health, wellness, and life skills
4. Sports, fitness, and recreation
5. The arts

Opportunities will be provided for mentoring, volunteering, and education support services.

Parent and Outreach Services

573-596-0421/6294

Located at Bldg. 470 Rm. 1126



MILITARY
CHILD CARE dot COM



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STRESS MANAGEMENT IDEAS

FOLLOW **#FLWWellness**

1 April 2021-31 March 2022

Monday, Wednesday & Friday

Fort Leonard Wood Facebook page and Instagram

Our goal is to **EDUCATE** people on the resources available to them to support their **READINESS** and **RESILIENCE** in our community.

- Agencies from Fort Leonard Wood will educate you about how to manage stress in a variety of ways.
- Short videos, informative posts with tips, phone numbers, education, and activities covering a wide variety of topics to **BETTER MANAGE STRESS** ranging from five areas of readiness and resilience; physical, spiritual, behavioral, environmental, and social
- A wealth of information and programs in place for people to access.
- This initiative will educate Active Duty, DoD Civilians, Family Members, Retirees, and the **COMMUNITY** on where to go if they or someone they know needs services.
- The posts will bolster people to use the information with their friends and families to **STRENGTHEN** the readiness and resilience of everyone we work and socialize with.



For Stress Management
Classes and Individual
Stress Management
Appointments ~ Call us
today at 573.596.9677

OUR GOAL is to reach as many as possible to support readiness and resilience by letting people know what resources are out there for them.

Please share these posts to your Facebook and Instagram pages.





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RELIGIOUS SUPPORT OFFICE – SUMMER PLANS

Summer Programs for Families



**Vacation Bible School
July 19-23 @ 0900-1200**

Main Post Chapel (Virtual Option)

Age 4 thru going into 6th grade

Register:

<https://flw2021vbs.myanswers.com/mysteryisland/>

**Volunteers needed in Snacks,
Crafts, Science, Decorations, and
Small Group Leaders**



**Karate, Singing, Bible Stories
and Games**

**Zoom Club for K – 5th Gr
Weekly Tuesdays at 1600-1700**

**POC for Link – Ms Craine
928-380-4213**



5 Mondays:

**26 July, 2,9,16, 23 August
Kids KG- 5th are welcome to join
us for interactive Bible stories,
games, singing and food.
Time and Place: TBA**

Upcoming Events



15 May @ 1530, FLW High School

**Graduate Blessing Celebration at
Main Post Chapel**

To participate contact POC Martha Strong

**12 June 0800 – 1700 – Religious Roots Day trip
to Catholic and Latter Day Saints Sites along the
Mississippi River**

POC Martha Strong, DRE martha.a.strong.civ@mail.mil or 6-0089





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CATHOLIC WORSHIP

Catholic Mass
Soldier Memorial Chapel (SMC)
1700 - Saturday
0900 - Sunday

Spanish Mass
1830 - 3rd Saturday of each month

Adoration
1800 - 1st Friday of the month

Confessions
1600-1630 Saturdays - SMC

0800-0830 Sundays - SMC
Or by appt: 573-596-3913

Baptisms
By appt: 573-596-3913

Catholic Baptism Class
By appt: 573-596-3913

Daily Mass
Soldier Memorial Chapel
1140 - Monday - Friday

SUNDAY PROTESTANT WORSHIP

Gospel Protestant
1000 - Central Iowa Chapel

Traditional Protestant Service
1030 - Soldier Memorial Chapel

Crossroads Community Contemporary Service
1100 - Main Post Chapel

RELIGIOUS EDUCATION

Catholic Confraternity of Christian Doctrine (CCD)
1100-1230 (Sep to Apr)
(Kindergarten - 8th Confirmation)
Religion Class for Adults (RCIA) & Religion Class for Children (RCIC)
Bldg 6501, 3307 Indiana Avenue (YREC)

Christ Fit
(For Family, Faith & Fellowship)
Bldg 6501, 3307 Indiana Ave (YREC)
1830-2000
Virtual 17 Feb - 28 Apr

WORSHIP/STUDIES

Protestant Women of the Chapel (PWOC)
Tuesday, 0900 - 1145
For more information on PWOC studies:
pwocflw@gmail.com or
<https://www.facebook.com/fortleonardwoodpwoc/>

Catholic Women of the Chapel (CWOC)
Fridays: 0900-1130
BLDG 590 - NO Childcare available

Catholic Women's Bible Study
Sundays: 1100-1230, (during CCD)
Bldg 6501, 3307 Indiana Avenue
(YREC)

Knights of Columbus - Catholic Men
2nd Tues/ea month, 1800
Bldg 590 (SMC Annex)

Gospel Bible Study at Christ Fit
Wednesday, 1830-2000
Bldg 6501, 3307 Indiana Avenue
(YREC)

Officer Christian Fellowship (OCF)
Thursdays, 1145 - 1245
Thurman Hall Room 1432
POC: LTC Runyon, 515-291-7338

USACBRNS Bible Study
2nd & 4th Weds of each month
1200 - 1300, MSCoE Thurman Hall Rm 1165
POC: CH Southard, 828-390-9020

YOUTH

Kids 4 Christ, 1-5 grade
Tuesday, 1600-1715
ZOOM Club (Virtual)

Youth of the Chapel, 6-12 grade
Wednesday, 1815-2000
Bldg 6501, 3307 Indiana Avenue
(YREC)

Catholic Youth (8th - 12 Grade)
Sunday, 1300-1500
Bldg 6501, 3307 Indiana Avenue
(YREC)

For more information on religious services and events please visit our websites.

Facebook:
<https://www.facebook.com/fortleonardwoodRSO/>

Website:
<http://www.wood.army.mil/newweb/garrison/chaplain.html>

For IET specific services, contact your Unit Ministry Team (UMT)



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Fort Leonard Wood TAP

TAP Virtual Career Fair Events 2021

RecruitMilitary Website

- March 23
- June 2
- September 28
- December 7

<https://recruitmilitary.com/>

Missouri Workforce Development

- Apr 20 - General Employment Statewide Fair
- May 4 - General Employment Statewide Fair
- May 18 - IT Fair
- Jun 8 – General Employment / Part time Job Fair

<https://returnstrongmo.easyvirtualfair.com/>

Discussion Points:

- Partnership with HOH Virtual Fairs
- Department of the Army TAP Virtual Career Fairs
- Partnership with Missouri Workforce Development
- Aggressive Marketing Plan
- HOH Hiring Summit in August Virtual (Way Ahead)

Hiring Our Heroes Virtual Events

- Mar 25 - Public Sector Virtual Career Fair
- Apr 1 - MOAA and Hiring Our Heroes Virtual Career Fair
- Apr 8 - Opportunities in Solar Energy Virtual Hiring Fair
- Apr 9 - Salesforce Fellowship Information Session
- Apr. 22 - Remote & Part-Time Work Virtual Hiring Fair
- May 6 - Health Care
- May 12 - Military Spouse Employment Summit
- May 20 - Law Enforcement, Emergency Services
- Jun 17 - Telecommunications
- Jun 24- Retail and Hospitality
- Jul 15 - Careers in STEM
- Jul 29 - Transportation, Supply Chain, and Logistics
- Aug 12 - Construction and Skilled Trades
- Sep 23 - Government Contracting and Consulting
- Oct 7 - Multi-Industry Opportunities for Veterans

<https://events.hiringourheroes.org>





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GLWACH

Children participating in Summer sports: Sports Physical Appointments are available in the Acute Minor Illness Clinic (AMIC) between April 6-23, Monday-Friday from 1300 to 1800 hours, for those eligible beneficiaries in organized sports. To schedule an appointment, please call 1-866-299-4234. Walk-ins are welcomed.

CPT Brianna Allen, Chief of Environmental Health at FLW Dept of Public Health, will provide a brief education on how to stay safe during fun summer activities.

- Tick Awareness, removal, and bite prevention – [More Info Click Here](#)
- Mosquitoes awareness, control, and bite prevention – [More Info Click Here](#)
- Summer Food Safety Tips – [More Info Click Here](#)





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Information is Key

Topics

- Fort Leonard Wood Web Page
home.army.mil/wood/index.php
- Fort Leonard Wood Facebook
www.facebook.com/fortleonardwoodmissouri/
- Family & MWR Web Site
leonardwood.armymwr.com/
- Family & MWR Facebook
www.facebook.com/mwr.ftwood
- AAFES
www.shopmyexchange.com/
- DECA
<https://commissaries.com/shopping/store-locations/fort-leonard-wood>





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Next Woodworks

Topics

- January - New Year Healthy You (Wellness)
- February - Community Resources
- March - Transition Services
- April - Month of Military Child (Family Focus)
- May - Summer Fun
- **June – Welcome to FLW**
- July - Back to School
- August - Local Flair
- September - Community Resources
- October - Domestic Violence Awareness / ASAP
- November - SNAIR / Winter Safely
- December (break due to HBL)

Woodworks ICE – Questions/Comments

- If you have any questions you would like addressed, you can submit them through ICE at <https://ice.disa.mil/index.cfm?fa=card&sp=145057&s=447>
Or click the QR code





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BACK UP SLIDES





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Join the Family & MWR Team & Make a DIFFERENCE!

Family & MWR is hiring! We want you to join our dynamic team!



Positions Available:

Recreation Aid NF-01 (Rec Plex)
 Recreation Aid NF-01 (Outdoor Adventure Center)
 Recreation Aid (Facility Aid) NF-01
 Recreation Aid (Lifeguard) NF-01
 Laborer NA-01 (Piney Valley Golf Course)
 Food & Beverage Attendant NA-01 (Ozark Tavern)
 Bartender NA-03 (Ozark Tavern)
 Laborer NA-01 (LORA)
 Recreation Aid NF-01 (LORA)

WHERE TO APPLY

- Links to Jobs listed here on the MWR Web page at www.leonardwood.armymwr.com/happenings/family-mwr-job-openings
- Apply online at www.usajobs.gov
- Contact the NAF HR Office at [\(573\) 596-0283](tel:5735960283) for more information.





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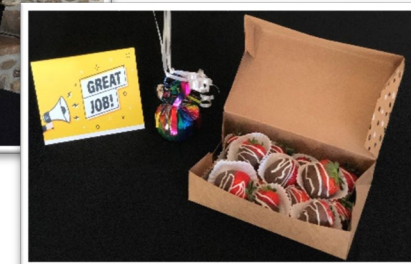
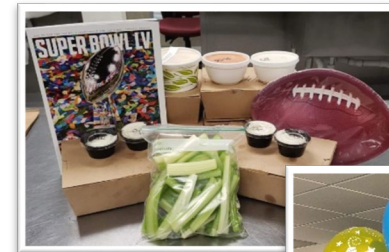
DFMWR / Business & Recreation



Family & MWR CATERING

Bldg: 4109 / 16593 Piney Hills Drive

- Food & Beverage Manager Chloe Williams
- FMWR Catering Office has REOPENED to host catering events.
- Our great catering team will help to make your experience a complete success!
- Keep FMWR in mind for your catering needs!
- Catering also can deliver ~ for on post events ~ Lunches / Meetings / Party in a Box / Sprinkles of Joy / Birthday Parties and more





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DPW HOUSING OFFICE / BALFOUR BEATTY

For Awareness

- **Fort Leonard Wood Communities is still in COVID protective posture**
 - Community centers are not accepting in person appointments

Community Interest

- **Mayor program**
 - The **MAYOR PROGRAM** is up and operational. Each Community has a mayor and they are exploring community out reach projects.
 - The **FIRST WALKING TOWN HALL** was 27 April In South Lieber Heights. The Next one will be end of May in Piney Hills. Date and time TBD.
 - **PET AND YARD OF THE MONTH** are on going and The Community Mayors have a vote in the winners.

Challenges/Initiatives

- **Spring maintenance**
 - Make sure floor vents are not covered this will assist in preventing mold.
 - Please insure that Yards are cleaned and policed up so the grass mowers do not run over your property. If the see that the yard is not ready to be cut it will be skipped.

In the Works

- **BIRTHDAY OF THE MONTH** will be starting soon. Winner will receive a free dinner. To enter you need to register your birthday with Fort Leonard Wood Communities for the monthly drawing.





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DES

For Awareness

- Boat/Water Safety
 - License
 - BWI
 - Proper safety equipment (lifejackets)
 - No glass or Styrofoam containers
 - Coolers sealed and secured

Community Interest

- Car Seat Inspections (Fire Station)
- Training available upon request (Fire extinguisher)
- Hunting
 - Spring Turkey (All) 19APR-9MAY
- Walking Housing Town Hall

Challenges/Initiatives

- **Challenges**
 - Speeding
- **Initiatives**
 - Inattentive Driving Enforcement

In the Works

- AIE/Access Control efficiency
(More scanners available)



COMMUNITY INTEREST



Relocating

- ✓ The Fort Leonard Wood Blood Donor Center staff will relocate to their new facility in B759 May 6
- ✓ Final collections in B822 will be May 3
- ✓ Collections in new facility begin May 9
- ✓ Sundays-Tuesdays: Unit-level blood drives
- ✓ Wednesdays, 8 a.m. – noon: Appointments and walk-in donors
- ✓ Thursdays – Saturdays: No scheduled collections
- ✓ Grand Opening Ceremony: May 26, 10 a.m.

Directions to new blood donor center

- ✓ Follow Missouri Avenue to North Dakota, merge right at the marquee
 - ✓ Follow North Dakota to Iowa Avenue and turn left
 - ✓ Follow Iowa Avenue to West 11th Street and turn right
 - ✓ New donor center is at the end of West 11th Street
-

Why donate:

- ✓ Donors giving at the Fort Leonard Wood Blood Donor Center have their hemoglobin levels, blood pressure, pulse and temperature checked. These can let you know if anything is out of the norm
- ✓ American Medical Association and American Journal of Epidemiology studies indicated that participants had fewer heart attacks and strokes when they donated blood every six months
- ✓ Donating blood is like hitting a person's "refresh" button –
 - 1) Reduces the number of red cells in the blood
 - 2) Makes the bone marrow immediately produce more
 - 3) Donor's blood is refreshed every time they donate.

For more information, call 573-596-5385



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SAFETY ~ Summer Safety



Beat the Heat

Bug Safety

Playgrounds

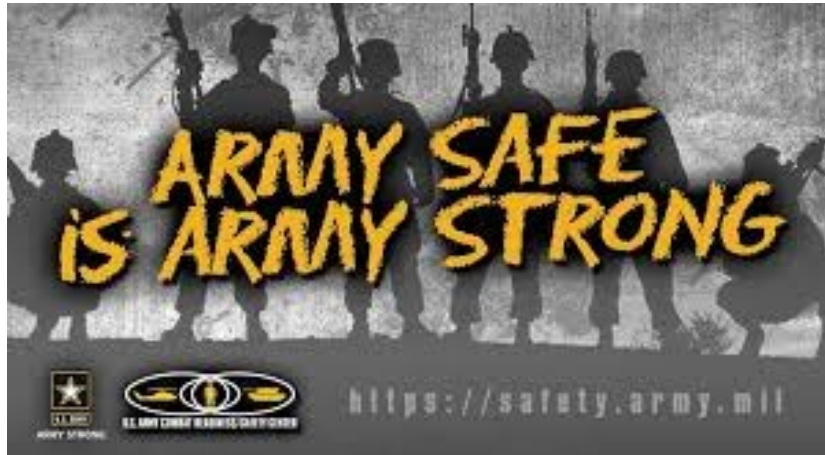
Water Safety

Bicycling

Skateboarding

Boating

Pedestrian Safety



Garrison Safety Office 573-596-2100



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Ticks Commonly Found in Missouri



Deer Tick

✓ **Transmit:**

- Lyme Disease
- Anaplasmosis
- Ehrlichiosis
- Babesiosis
- *Borrelia miyamotoi*
- Powassan Disease



Lone Star Tick

• **Transmit:**

- Ehrlichiosis
- Heartland virus
- Rocky Mountain spotted fever
- Tularemia
- STARI (Southern Tick-Associated Rash Illness)



American Dog Tick

• **Transmit:**

- Tularemia
- Rocky Mountain spotted fever



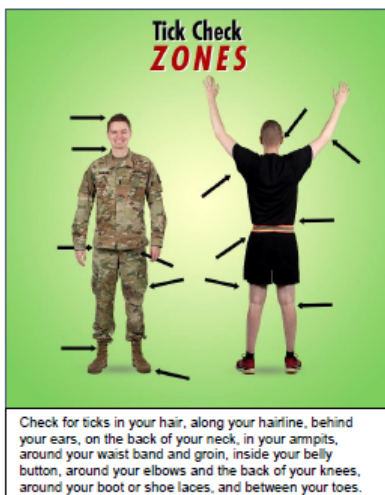


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Tick Check and Removal

Tick Check

- ✓ After leaving tick habitat check your clothes and entire body
- ✓ Pay special attention to under the arms, in and around the ears, inside the belly button, back of the knees, in and around your hair, between the legs, and around the waist.
- ✓ If you find a tick attached to your body remove it as soon as possible



Tick Removal

- ✓ Grasp the tick's mouthparts against the skin using pointed tweezers
- ✓ Pull back slowly, steadily, and firmly.
- ✓ DO NOT pull back sharply
- ✓ DO NOT squeeze or crush the body of the tick
- ✓ DO NOT apply any substance such as petroleum jelly, finger nail polish remover, repellents, pesticides, or a lighted match to the tick while it is attached.
- ✓ Clean the bite site with soap and water after removal.
- ✓ Save tick for identification by placing in a sealed plastic bag or container in the freezer
- ✓ Bring tick to BLDG 2222 to be sent out for testing

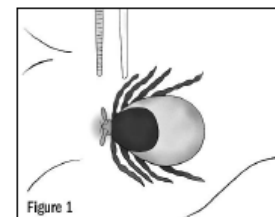


Figure 1

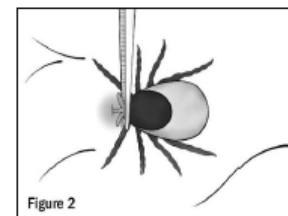


Figure 2

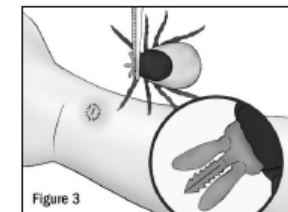


Figure 3





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**BRING ALL TICKS TO ENVIRONMENTAL HEALTH, DEPARTMENT OF
PUBLIC HEALTH TO BE SENT OUT FOR IDENTIFICATION AND PATHOGEN
TESTING**

**ENVIRONMENTAL HEALTH SECTION
1334 1ST STREET
BLDG 2222
FORT LEONARD WOOD, MO 65473**





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Common Symptoms of Tickborne Diseases

- ✓ **Fever/chills**
- ✓ **Aches and pains:** Tickborne disease symptoms include headache, fatigue, and muscle aches. Lyme disease may cause joint pain.
Severity and onset depends on the diseases and patient's pain tolerance level
- ✓ **Rash:**



Lyme Disease



Rocky Mountain spotted fever



STARI



Tularemia

- ✓ **Please see a medical provider if you experience any of these symptoms**





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Tick Control Around the Home

- ✓ **Cut back wooded areas and remove high grass, weeds, leaf litter and undergrowth from around your home**
- ✓ **Keep your lawn mowed to a height of 3 inches or less**
- ✓ **Move woodpiles as far from your house as possible**
- ✓ **Place picnic tables, lawn furniture, and children's play areas as far from any woods, shrubs, and undergrowth as possible**
- ✓ **Check pets for ticks after they have been outdoors**
- ✓ **Widespread application of pesticides for tick control is less effective than habitat modification techniques mentioned above**





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Tick Bite Prevention

- ✓ **Avoid wooded areas and areas of high grass if possible**
- ✓ **When wooded/grassy areas cannot be avoided:**
 - Apply insect repellent containing at least 25% DEET to your skin
 - Wear permethrin treated clothing
 - Wear light colored clothing
 - Wear boots and tuck pants into boots
 - Tuck shirt into pants



Conduct tick check when leaving tick habitats





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Mosquitoes of Missouri

- ✓ **Missouri is home to approximately 50 species of mosquitoes**
- ✓ **West Nile Virus is the most common disease spread by mosquitoes in Missouri**
- ✓ **Up to 80% of people infected with West Nile virus will not develop any symptoms**
- ✓ **Symptoms include:**
 - Fever
 - Headache
 - Body aches
 - Joint pain
 - Vomiting
 - Diarrhea
 - Rash
 - Fatigue and weakness can last for weeks or months



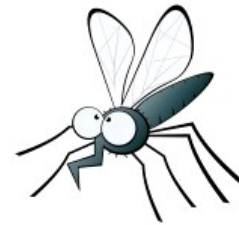


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Mosquito Control Around the Home

✓ Drain standing water found in:

- Toys
- Buckets
- Flowerpots
- Gutters
- Etc.



- ✓ Empty scrub and refresh water in pet dishes and birdbaths at least twice per week
- ✓ Check window and door screens around the home. Repair holes or replace screens as needed



Potential mosquito breeding sites around the yard.





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Mosquito Bite Prevention

- ✓ **Apply insect repellent containing a least 25% DEET to your skin**
- ✓ **Wear permethrin treated clothing when possible**
- ✓ **Wear boots and tuck pants into boots**
- ✓ **Tuck shirt into pants**
- ✓ **Wear long sleeved clothing**
- ✓ **Ensure clothing is loose fitting**





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Summer Food Safety Tips

✓ Wash your hands

- Before, during, and after preparing food
- After touching raw meat
- Before eating food
- After handling pet food or pet treats or touching pets
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After touching garbage
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After blowing your nose, coughing, or sneezing



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CONNECT
WITH YOUR COMMUNITY

Get your installation services and post information on the **NEW** Digital Garrison app on your smartphone or tablet.

DIGITAL GARRISON
POWERED BY  

Download on the App Store
GET IT ON Google play

MAKE THE CONNECTION

