



A CALIFORNIA DISTINGUISHED SCHOOL

RECOMMENDATIONS FOR STUDENTS GOING ON FIELD TRIPS

Measures to Prevent Insect Bites and Stings

1. Wear shoes or sandals when walking outdoors.
2. **DO NOT** use after-shave, perfume, cologne, hair spray, etc. when you plan to spend a day or evening outdoors.
3. Whenever you can, wear pants and a long-sleeved shirt or blouse.
4. Select summer clothing of neutral patterns and colors such as tan, white, black, grey, or beige. Bright colors and floral patterns are attractive to bees and wasps.
5. Avoid public picnic areas and waste cans, favorite haunts for insects, especially yellow jackets.
6. Use caution when entering areas that stinging insects tend to inhabit; abandoned buildings, trees and bushes, gardens, orchards, and grass (clover).
7. After outdoor bathing, shake your towel before drying off; shake your clothing as well before putting them on.
8. Do not disturb beehives or nests.

Measures to Prevent Snake Bite

1. Do not go into snake-infested areas alone. It is very difficult to administer adequate first aid measures to yourself.
2. When you see a snake, STOP! Retreat out of the snake's striking range.
3. Wear protective clothing: High-top shoes or boots, heavy pants, gloves etc.
4. Check immediate area before sitting down.
5. Do not put your hands or feet in places that are hidden; look in all places before adventuring in.
6. Keep your hands away from areas that can hide snakes, such as logs, rocks, underbrush or rodent burrows.
7. Be careful when gathering material such as firewood.
8. Do not crawl beneath fences without first looking under them carefully.
9. Do not sleep near wood or rubbish piles, or at the entrance to a cave.
10. Be aware that snakes are most active at night in warm weather, hiding during the heat of the day.

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