<https://tpchd.org/healthy-people/injury-prevention/outdoors/>

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**Prevent Injuries in the Great Outdoors**

**We want everyone to enjoy a healthy, clean and safe environment.**

The outdoors offers many opportunities to stay active. Exercise is an important part of maintaining good health. Time spent enjoying nature also improves your mental health. So get out there and play—safely!

**Swim safely**

Water can be a lot of fun, but injuries and drowning do happen. Kids can disappear under water in the blink of an eye and lose consciousness in the time it takes to answer your phone. Be sure to watch them closely at the pool or beach! Every day in the US two children under 14 dies from unintentional drowning.

Learn more about how swimmers can stay safe. Get information to protect you and your family.

* [Pool and Spa Safety](https://tpchd.org/healthy-places/pools-and-spas/)—We inspect and educate public pool and spa owners to keep facilities safe.
* [Swimming Advisories](https://tpchd.org/healthy-places/surface-water-quality/current-surface-water-advisories/)—We inform the public when outdoor swimming conditions are unsafe.
* [Water Safety Tips](http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety)—Water safety and the benefits of swimming lessons from the Red Cross.
* [Water Safety Information for Teens](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html)—Tips and tricks to prevent injury and drowning.
* [River Safety](https://www.doh.wa.gov/CommunityandEnvironment/WaterRecreation/LakeRiverandBeachSafety)—Helpful information from the Washington State Department of Health.

**Prevent injury from wildlife**

Washington has a lot of wildlife. Most encounters are harmless, but it’s important to know what to do if animals bite or act aggressively. Check out the following resources for more information:

* [Surviving Wild Animal Attacks](https://www.wikihow.com/Survive-Animal-Attacks)—Simple steps to avoid large predators when you can, and to defend yourself if they act aggressively.
* [Animals and Rabies](https://doh.wa.gov/public-health-provider-resources/notifiable-conditions/rabies-resources)—Information from the Washington State Department of Health.
  + Bites and scratches from bats are the most common cause of rabies in Washington.
  + Other wild, meat-eating mammals can also spread the disease.
  + So can pets and livestock, if they were bitten by an infected animal. Vaccinations are available for dogs, cats, and ferrets, and are required under state law.
  + If you suspect you may have been exposed to rabies, talk to your doctor *immediately.* Rabies is deadly, but 100% curable if treated in time.

**Breathe safely**

Poor air quality affects everyone’s health. Learn what you can do to improve air quality by visiting our [Outdoor Air Quality page](https://tpchd.org/healthy-homes/outdoor-air-quality/).

**Prevent weather and disaster-related injury**

Protect your health during extreme weather events and other emergencies. To sign up for alerts, get more information, and make an emergency plan, visit our [Emergency Preparedness page](https://tpchd.org/healthy-places/emergency-preparedness/).

Looking for information on how to stay cool in a heat wave? Check out our [Keep Cool page](https://tpchd.org/healthy-places/emergency-preparedness/keep-cool/)!