

## Your Health This Spring

Spending time outdoors this spring? Learn about bug bites or stings, staying safe in the wilderness, seasonal allergies, and more.

Spring brings the start of longer days and warmer temperatures. Many of us will spend more time outdoors playing sports, hiking, camping, working in the garden or enjoying walks. Whether you are venturing out into the wilderness or staying close to home, it is important that you know how to take care of yourself and your family.

On this page, learn information on how to stay safe and healthy this spring.

### Featured Topics

#### Asthma

Asthma is a common chronic condition causing swelling and inflammation of the airways. Seasonal allergies may exacerbate or trigger asthma attacks. Asthma may present with one or more respiratory symptoms. To learn more, see the [Understanding Asthma](#) page.

- [Allergy Shots for Asthma](#)
- [Exercise-Induced Asthma](#)

#### Common Sports Injuries and First Aid

Accidents can happen any time. In this section, learn how to prevent and treat common sports and play-related injuries.

- [Bruises and Blood Spots Under the Skin](#)
- [Elbow Injuries](#)
- [Finger, Hand and Wrist Injuries](#)
- [Leg Injuries](#)
- [Preventing Children's Injuries From Sports and Other Activities](#)
- [Returning to Play After a Head Injury During a Sporting Event](#)

To learn about first aid as well as treatments you can do at home for minor injuries, see our [First Aid Learning Centre](#).

## **Insect Bites and Stings**

Spring is the start of insect season. Learn how to avoid insect bites and stings, and what to do if you do get bitten or stung.

- [Allergies to Insect Stings](#)
- [Home Remedies for Bites and Stings](#)
- [Insect Bites and Stings and Spider Bites](#)
- [Insect Repellents and DEET \(HealthLinkBC File #96\)](#)
- [Tick Bites and Disease \(HealthLinkBC File #01\)](#)
- [Toxic Reaction to Insect or Spider Venom](#)

## **Physical Activity**

After months of cold weather, many of us jump at the chance to get outdoors and enjoy the milder weather of spring. Learn about the benefits of physical activity, how to set physical activity goals and how to stay safe.

- [Being Active](#)
- [Health Benefits of Physical Activity](#)
- [How to Choose Safe Equipment](#)
- [Overcoming Barriers: Adding More Physical Activity to Your Life](#)
- [SMART Goal Setting](#)

## **Plants and Wildlife**

The more you know about your surroundings, the easier it is to stay safe. Learn about the types of plants and wildlife that might be in your area, and how you can stay safe when venturing into the wilderness.

- [European Lymantria Moth Spraying \(HealthLinkBC File #90a\)](#)
- [Getting Rid of Rodents \(Rats and Mice\) \(HealthLinkBC File #37\)](#)
- [Health Risks in the Wilderness \(HealthLinkBC File #24\)](#)

- [Poison Ivy, Oak and Sumac](#)
- [Staying Healthy Around Animals](#)

## **Seasonal Allergies**

Flowers are starting to bloom and plants are starting to grow again, which means allergy season is here. Pollen may trigger allergic reactions. These allergens may also cause asthma attacks. Learn about seasonal allergies, including triggers, symptoms and home treatment.

- [Allergic Rhinitis](#)
- [Allergies: Avoiding Outdoor Triggers](#)
- [Allergies: Should I take Allergy Shots?](#)
- [Hay Fever and Other Seasonal Allergies](#)
- [Over-the-Counter Medicines for Allergies](#)

## **Sun Safety**

The days are getting longer and the sun is getting stronger, which means there is a higher risk of getting a sunburn. Learn how to enjoy the sunny weather while still being sun smart.

- [Beat the Heat](#)
- [Protecting Your Skin From the Sun](#)
- [Provincial Health Services Authority: Sun Safety](#)
- [Sun Safety for Children \(HealthLinkBC File #26\)](#)
- [Sunburn](#)
- [Ultraviolet Radiation \(HealthLinkBC File #11\)](#)

## Useful Websites

### BC Centre for Disease Control

The BC Centre for Disease Control (BCCDC) is an agency of the Provincial Health Services Authority. They provide provincial and national leadership in public health through surveillance, detection, prevention and consultation. The BCCDC is encouraging everyone to be aware of disease-causing ticks and prevention of Lyme disease that can result from a tick bite. Visit the BCCDC for resources to help keep you and your family safe.

- [BC Centre for Disease Control: Lyme Disease \(Borrelia burgdorferi infection\)](#)
- [BC Centre for Disease Control: Tick Talk](#)
- [Tick talk \(video\)](#)

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The information provided in the Your Health This Spring Health Feature has been adapted from the [BC Centre for Disease Control: Masks](#), [BC Centre for Disease Control: Travel](#), [BC Centre for Disease Control: Lyme Disease](#) and [Provincial Health Services Authority: Sun Safety](#) pages, accessed February 23, 2023.