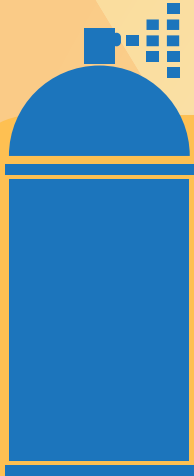


**BACK
2 SCHOOL
TIPS**

**FOR A
SAFER
SEMESTER**



- UNCW is monitoring the threats posed by Zika, Dengue, West Nile and Chikungunya. For more information, especially before traveling, visit www.cdc.gov/zika.

- The mosquitoes that transmit Zika bite mainly during the daytime. Use an EPA-registered insect repellent with DEET, picaridin, RR3535, oil of lemon eucalyptus or para-menthaneediol.
- Apply sunscreen first, then insect repellent before hitting the beach or trail.
- If you traveled to areas affected by Zika or other mosquito-borne illnesses and you are not feeling well, see your doctor or visit Abrons Student Health Center.

UV INDEX

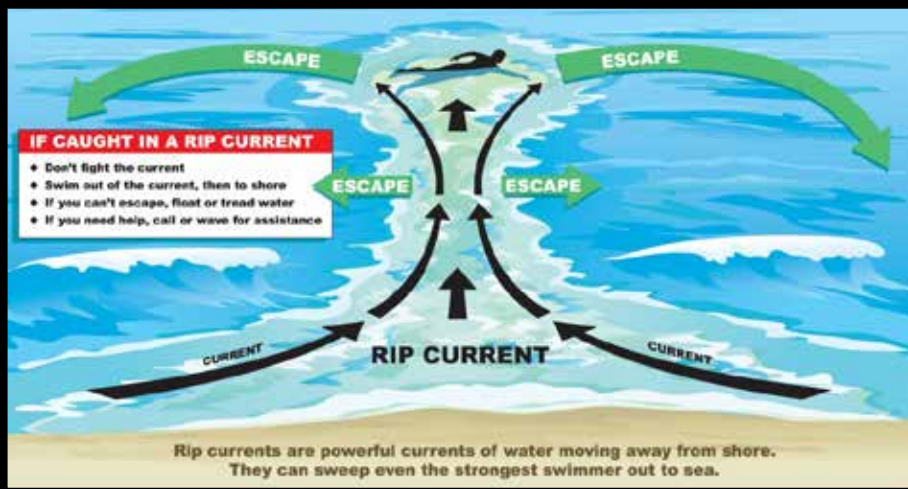


SPF

Apply sunscreen 30 minutes before heading outside, then apply insect repellent.

Reapply every 2 hours, or more often if sweating or swimming.

**BE ALERT FOR
RIP CURRENTS**



- ▶ Know how to interpret flag warnings and what to do if you get caught in a rip current.
- ▶ The ocean is a powerful body of water that you don't want to get trapped in.
- ▶ Only swim when lifeguards are on duty.

Abrons Student Health Center
910.962.3280
uncw.edu/healthservices

UNCW Environmental Health & Safety
910.962.3057
uncw.edu/ehs