Q: I took up running this summer and really like it. How can I avoid injuries?

A: Some common summer injuries are shin splints, sunburns and insect bites, like from a black widow or blister-preventing products.

Shin splints: Shin splints result in areas with dense vegetation and exposure can lead to painful tendinitis of the planter fascia, a thick band of the Achilles tendon, which can become inflamed when overused or strained. To avoid this injury, wear supportive footwear, stretching exercises and strength training for your calf muscles.

Plantar fasciitis: Plantar fasciitis causes heel pain due to inflammation of the plantar fascia. The pain often radiates from the heel to the arch and possibly the toes. Wear supportive running shoes with proper cushioning. Talk to a podiatrist if you have questions about the right shoes.

Blister prevention: Blisters form when the water under the skin splinters is pressed against the skin. Avoid blister-preventing products. Apply lubricants to your skin to keep the blister from getting infected. Insect bites: Insect bites can cause irritation and itching. Avoid insect bites by wearing protective clothing, using insect repellents, and staying indoors during peak insect activity. If you are bitten, wash the area with soap and water, and then apply a cold compress to reduce swelling and discomfort.