



Health Tribune

Thinking about your health in Portage County
 Provided by the Portage County Health Department



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July is..... Summer Safety Month

Stay Safe in the Sun

The summer sun can be hard on our skin. It is important to take steps to protect it from damaging rays.

- ◇ Use sunscreen with an SPF of 30 or more that provides UVA and UVB protection.
- ◇ Reapply sunscreen every 2 hours and after swimming or sweating heavily.
- ◇ Where sunglasses with 100% UV protection.
- ◇ Stay in the shade or indoors between the times of 10:00am and 4:00pm.
- ◇ Where long sleeve shirts and pants when possible in the sun. Light colored garments work best to stay cool.
- ◇ Where a wide-brimmed hat.

Other ways to stay safe in the summer:

To keep bugs away, avoid using perfume or a scented lotion, and apply an insect repellent to exposed skin.	At barbecues and picnics, promptly put leftovers in the refrigerator or on ice. Discard any food left out more than 2 hours.
Never let children swim without an adult near.	Cool down at the first sign of heat illness, extreme thirst, headache, dizziness, nausea, rapid pulse, and pale clammy skin.

Did you know...?

Summer is the perfect time to think about the dangers of being exposed to ultraviolet (UV) radiation. UV radiation is highest when and where the sun's rays are the strongest. This means that UV levels are the highest around noon time on a clear sunny day during the summer months.

Immediate negative effects to being exposed to UV radiation are sunburns. Long-term negative effects can lead to skin cancer. Over exposure to UV radiation can also cause eye damage, skin aging, and suppression of the immune system.

Look for warning signs of skin cancer: **Check your moles by checking the ABCDE's:**

Asymmetry-One half of the mole is unlike the other. They should be evenly matched.

Border-Unhealthy moles have irregular, scalloped or poorly defined borders.

Color-A variety of colors (brown, tan, black, blue, red or white) is suspicious.

Diameter-A mole that is larger than a pencil eraser should be checked.

Evolving-Be aware of moles that have changed in size, shape, or color, or start to bleed, itch, or crust over.



Questions or Comments?

Contact Us!

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