

what's your UV:IQ?

The skin is the body's largest organ. It protects against heat, sunlight, injury, and infection. Yet, some of us don't consider the necessity of protecting our skin.

It's just smart to take good care of your skin

The need to protect your skin from the sun has become very clear over the years,

supported by several studies linking overexposure to the sun with skin cancer. The harmful ultraviolet rays from both the sun and indoor tanning "sunlamps" can cause many other complications besides skin cancer - such as eye problems, a weakened immune system, age spots, wrinkles, and leathery skin.

How to protect your skin

There are simple, everyday steps you can take to safeguard your skin from the harmful effects of UV radiation from the sun.

- **Wear proper clothing** Wearing clothing that will protect your skin from the harmful ultraviolet (UV) rays is very important. Protective clothing are long-sleeved shirts and pants are good examples. Also, remember to protect your head and eyes with a hat and UV-resistant sunglasses. You can fall victim to sun damage on a cloudy day as well as in the winter, so dress accordingly all year round.
- **Avoid the burn** Sunburns significantly increase one's lifetime risk of developing skin cancer. It is especially important that children be kept from sunburns as well.
- **Go for the shade** Stay out of the sun, if possible, between the peak burning hours, which, according to the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO), are between 10 a.m. and 4 p.m. You can head for the shade, or make your own shade with protective clothing - including a broad-brimmed hat, for example.
- **Use extra caution when near reflective surfaces, like water, snow, and sand** Water, snow, sand, even the windows of a building can reflect the damaging rays of the sun. That can increase your chance of sunburn, even if you're in what you consider a shady spot.
- **Use extra caution when at higher altitudes** You can experience more UV exposure at higher altitudes, because there is less atmosphere to absorb UV radiation.
- **Apply broad-spectrum sunscreen** Generously apply broad-spectrum sunscreen to cover all exposed skin. The "broad spectrum" variety protects against overexposure to ultraviolet A (UVA) and ultraviolet B (UVB) rays. The FDA recommends using sunscreens that are not only broad spectrum, but that also have a sun protection factor (SPF) value of at least 15 for protection against sun-induced skin problems.

Re-apply broad-spectrum sunscreen throughout the day Even if a sunscreen is labeled as "water-resistant," it must be reapplied throughout the day, especially after sweating or swimming. To be safe, apply sunscreen at a rate of one ounce every two hours. Depending on how much of the body needs coverage, a full-day (six-hour) outing could require one whole tube of sunscreen.

When to protect your skin

UV rays are their strongest from 10 am to 4 pm Seek shade during those times to ensure the least amount of harmful UV radiation exposure. When applying sunscreen be sure to reapply to all exposed skin at least 20 minutes before going outside. Reapply sunscreen every two hours, even on cloudy days, and after swimming or sweating.

Protecting your eyes

UV rays can also penetrate the structures of your eyes and cause cell damage. According to the CDC, some of the more common sun-related vision problems include cataracts, macular degeneration, and pterygium (non-cancerous growth of the conjunctiva that can obstruct vision).

- **Wear a wide-brimmed hat** To protect your vision, wear a wide-brimmed hat that keeps your face and eyes shaded from the sun at most angles.
- Wear wrap-around style sunglasses with 99 or higher UV block** Effective sunglasses should block glare, block 99 to 100% of UV rays, and have a wraparound shape to protect eyes from most angles.

Using the UV index

When planning your outdoor activities, you can decide how much sun protection you need by checking the [Environmental Protection Agency's \(EPA\) UV index](#). This index measures the daily intensity of UV rays from the sun on a scale of 1 to 11. A low UV index requires minimal protection, whereas a high UV index requires maximum protection.

Source: <https://foh.psc.gov/Calendar/july.html>



Central MN Mental Health Center
A time to heal, a place to start.

WELLNESS BULLETIN

JULY 2017



Upcoming Events:

July 4th—Independence Day

July 18th - Community Health Integration Expo

- 9:00am—3:00pm Midtown Square Tuscan Ballroom
- Health Screenings, Door Prizes, vendors and much more!!!

Summer Weather Safety Tips:

- **Extreme Heat**
 - Reschedule outdoor work and strenuous activities until the coolest time of the day
 - Stay hydrated by drinking plenty of water
 - Sunburn and heat illness can be avoided
 - Apply and reapply sunscreen to protect your skin from sunburn

Sun Safety Quiz
Test your UV: IQ

1. A sunscreen product is considered safe if it prevents sunburn?
True
False
2. Effective Sunscreen protects your skin against ultraviolet A (UVA) and ultraviolet B (UVB) rays:
True
False
3. According to new FDA guidelines, what is the *minimum* Sun Protection Factor (SPF) for sunscreen products to protect skin against all types of sun-induced damage?
A) SPF 15
B) SPF 15 with UVB protection
C) Broad Spectrum SPF 15
D) Broad Spectrum SPF 55
4. If I have a darker complexion, I don't need to use sunscreen:
True
False
5. If you stay in the sun all day, you should apply an entire tube (6 oz) of sunscreen throughout the day:
True
False
6. Aside from applying sunscreen, what can you do to protect your skin from the sun when you're outdoors?
A) Wear protective clothing such as long sleeves, pants, wide brimmed hats, and sunglasses
B) Seek shade, especially between 10 a.m. and 4 p.m.
C) Always avoid tanning beds
D) All of the above
7. Which sunscreen label provides the most accurate description of its ability to protect your skin from the sun?
A) Sunblock
B) Sweatproof
C) Waterproof
D) None of the above
8. One American dies of melanoma, the most deadly type of skin cancer, every:
A) Minute
B) Hour
C) Day
D) Week
9. In recent years, the prevalence of melanoma has:
A) Increased
B) Remained about the same
C) Decreased greatly due to advances in modern medicine
D) Has become higher in women than in men
10. How do you treat sunburn?
A) keep your skin cool, moist, and avoid any more exposure to the sun as your sunburn heals.
B) Rub moisturizers onto the affected area of skin, avoiding products ending in "-caine."
C) If pain persists, take acetaminophen or anti-inflammatory oral medications, like ibuprofen, but don't give aspirin to children or adolescents.
D) All of the Above.

Answers on Page 3
Source: <https://foh.psc.gov/Calendar/july.html>



Fourth of July Celebrations

St. Cloud:

July 4th at 10:00pm with spectacular viewing from both Hester and Wilson Parks and on the Mississippi River. For more information visit: <http://stcloudfireworks.org/>

Buffalo:

Monticello:

Monticello Riverfest July 14th—"Magic in the Air" Fireworks at Dusk following the Talent show. Fireworks take place east of Monticello High School, open area located between Eastview school and the High School

Elk River:

July 4th at 10:00pm Fireworks will be set off at sunset and can be viewed from Lions John Weicht Park and the surrounding area. Find a comfortable spot and enjoy show. No other vendors or events are planned. Rain-out date is evening of July 5.

CMMHC's Wellness Committee Mission

Statement:

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.
- Support a sense of community

Health Bites for July: National Picnic Month

Summer holidays provide a break from school and work, but we shouldn't break from being smart about food safety. More care is needed since foodborne illnesses increase during the summer. July is National Picnic month and summer picnics are a great way to enjoy the outdoors and each other's company. Keep your picnics with family and friends healthy and safe this summer by remembering the following tips.

Tips to stay food safety savvy on picnics:

- **Temperature and time.** Keep your picnics safe this summer by remembering that the time perishable food can be left outside the refrigerator or freezer drops from two hours to one hour in temperatures above 90 degrees Fahrenheit (F). Keep hot food hot and cold food cold on the way to, and during your picnics and outdoor gatherings.
- **Use a food thermometer.** According to USDA research, 1 out of every 4 hamburgers turns brown in the middle before it has reached a safe minimum internal temperature of 160 degrees F. The only way to be sure food is safely cooked is to use a food thermometer to measure the internal temperature before removing food from the heat source. For all whole cuts (steaks, roasts, and chops) of meat, including pork, beef, lamb and veal, cook to 145 degrees F and then allow for a 3 minute rest time before carving or consuming.
- **Bring non-perishable foods.** Reduce the worry of keeping foods at certain temperatures by limiting the number of perishable foods. Try bringing baked potato chips or pretzels instead of potato salad; washed whole fruit, dried fruit, or fruit cups instead of a fruit salad; and other snacks such as trail mix, nuts, or sunflower seeds.
- **Two coolers are better than one.** Bring two coolers to the gathering, one for perishable food and one for beverages. Keep perishable foods cool by transporting them in an insulated cooler kept cold with ice or frozen gel packs. Open as infrequently as possible. Store drinks in another cooler.
- **Keep it clean.** Make sure you check ahead and find out if there's a source of safe drinking water at your destination. If not, bring water for preparation and cleaning; or pack clean, wet, disposable cloths or moist towelettes and paper towels for cleaning hands and surfaces.
- **Dangers of cross-contamination.** Cross-contamination is the transfer of harmful bacteria to food from other foods, cutting boards, and utensils when they are not handled properly. It can happen during preparation, grilling, and serving food and is a prime cause of foodborne illness. Remember to wash your hands before and after handling food, and don't use the same platter and utensils for raw and cooked meat and poultry. Include lots of clean utensils, not only for eating but also for serving the safely cooked food.



Picnics are popular throughout the summer, and especially in July. One reason they are so popular is because many families take their vacations then and spend much of their time outdoors. The "road" to food safety can either be bumpy or smooth, depending on what precautions are taken handling meals.

Checkout www.food.unl.edu for more food, nutrition, and health information.

Authored by Lisa Franzen-Castle, PhD, RD, University of Nebraska-Lincoln Extension Nutrition Specialist. Healthy Bites Newsletter, July 2015, at <http://go.unl.edu/omn6>.

Answers to Sun Safety Quiz

1. False
2. True
3. C—Broad Spectrum SPF 15
4. False
5. True
6. D—All of the Above
7. D—None of the Above
8. B—Hour
9. 9. A—Increased
10. D—All of the Above

If you got 1-3 questions correct, You got Burned!
If you got 4-7 questions correct, You Felt a Little Heat.
If you got 8-10 questions correct, You Played it Cool

Brought to you by your

Central Minnesota Mental Health Center Wellness
Committee

- Ashley Conner
- Kasey Mol
- Kayla Levtzow
- Marie Fisher
- Ray Sjogren
- Steven Loos
- Maggie Dilks
- Brie Frantesl
- Chad Rhoads



Central MN Mental Health Center

"Together, Creating a Healthier Life"