

Public Health, Epidemiology and Prevention

PEP Talk



Stay Sun Safe All Year Round

July is UV Safety Month

Six “Sun Wise” Action Steps

Sure, it's fun to play in the sun, but too much sun can be very bad for you. If you ever had a sunburn, then you have felt *some* of the bad effects of too much sun and ultraviolet (UV) radiation.

Too many UV rays can cause more serious health problems, such as skin cancer; older looking skin and other skin problems; cataracts and other eye damage; and weakening of the immune system. Your immune system helps keep you from getting sick..

The good news is that you can prevent UV radiation from hurting you. Here are **Eight “Sun Wise” Action Steps**

- #1 Limit Time in the Midday Sun.** The sun's rays are strongest between 10 a.m. and 4 p.m. Whenever possible, limit exposure to the sun during these hours
- #2 Seek Shade.** Staying in the shade is a good way to protect yourself from the sun.
- #3 Always Use Sunscreen.** Apply

sunscreen with a Sun Protection Factor (SPF) of at least 15 or higher and use a lot wherever your skin is showing. Re-apply every two hours while you are outdoors.

#4 Wear a Hat. A hat with a wide brim offers good sun protection for your eyes, ears, face and the back of your neck.

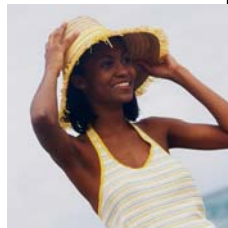
#5 Cover Up. Wearing tightly woven, loose-fitting, and full-length clothing is a good way to protect your skin from the sun's UV rays.

#6 Wear Sunglasses that block 99% to 100% of UV rays. Sunglasses will greatly reduce sun exposure that can lead to cataracts and other eye damage.

#7 Avoid Sunlamps and Tanning Salons. The light from sun beds and sunlamps damages the skin and unprotected eyes. It's a good idea to avoid artificial sources of UV light.

8 Watch the UV Index. It provides important information to help you plan your outdoor activities in ways that prevent over-exposure to the sun. The UV Index comes out every day in selected cities across the United States.

To find the UV index for your community, visit <http://www.epa.gov/sunwise/uvindex.html> And type in your Zip Code



About the UV Index

The **ozone layer** shields the Earth from harmful UV rays. Different factors cause UV rays to reach the Earth. The **UV Index** tells you how much how much UV rays reach your community on a 1-11+ scale. The UV Index helps you decide what to do to be safe in the sun.

Here is a description of each UV Index level, and tips to help you

avoid harmful exposure to UV radiation:

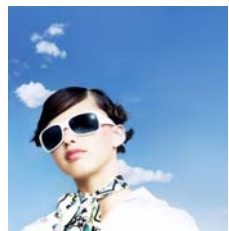
2 or less: Low - A UV Index reading of 2 or less means low danger from UV rays for the average person. Wear sunglasses on bright days. Remember to protect areas that could be exposed to UV rays by the sun's reflection, including under the chin and nose.

3 - 5: Moderate - A UV Index reading of 3 to 5 means moderate risk of harm from unprotected sun exposure. Take precautions, such as covering up, if you will be outside. Stay in shade near midday when the sun is strongest and protect your eyes. If you're not careful you WILL get sunburned.

6 - 7: High - A UV Index reading of 6 to 7 means high risk of harm from being in the sun. Use sunscreen with a SPF of at least 15. Wear a good hat and sunglasses to protect your eyes. Stay in the shade between 10 a.m. and 4 p.m. Wear sunglasses. This protects your eyelids as well as your eyes themselves.

8 - 10: Very High - A UV Index reading of 8 to 10 means very high risk of harm from being in the sun. Stay out of the sun from 10 a.m. to 4 p.m. Protect yourself by using a lot of sunscreen with an SPF of at least 15. Wear protective clothing and sunglasses to protect your eyes. Unprotected skin **will be** damaged and can burn quickly. Seek shade, cover up and wear a hat and sunglasses.

11+: Extreme - A UV Index reading of 11 or higher means extreme risk of harm from being in the sun. Avoid being in the sun from 10 a.m. to 4 p.m. Use sunscreen with an SPF of at least 15 every two hours. Unprotected skin can burn in minutes. Beachgoers should know that white sand and other bright surfaces reflect UV and increase UV exposure. Seek shade, cover up, wear a hat and sunglasses and use sunscreen every two hours.



Grillin' and Chillin'

Keep Food Safe During Summer Cookouts and Picnics

Whether you bite into thick juicy burgers hot from the grill, pack a picnic for the park or dine on dilled salmon on the patio, chances are you'll enjoy cooking and eating outside all summer long. Make the most of the fun by making sure your food remains safe. Follow these tips from the Partnership for Food Safety Education.

Wash, Wash, Wash Your Hands (as in Row, Row, Row Your Boat). Always wash your hands with hot, soapy water before and after you handle food.



Marinating Mandate. When you marinate food for long periods, it is important to keep food refrigerated.



Don't use the sauce that was used to marinate raw meat, fish or poultry on cooked food.

Hot, Hot, Hot! When you cook food on the grill, preheat the coals for 20 to 30 minutes, or until the coals are lightly coated with ash.

Where's the Beef? Hamburgers should be cooked to 160° F. Cook large cuts of beef such as roasts and steaks to 145° F for medium rare or 160° F for medium. Cook ground poultry to 165° F and poultry parts to 170° F. Fish should be opaque and flake easily. Use a meat thermometer to ensure that food reaches a safe internal temperature.



Stay Away from that Same Old Plate. When taking food off the grill, do not put it back on the same plate that held the uncooked food.

Cool It! Cooler Etiquette. Give bacteria the cold shoulder. A full cooler stays cold longer than one that is partially filled. So pack plenty of ice or freezer packs to ensure a cold temperature. Use a separate cooler for cold drinks and items that are used more often.



Fight the Bite

Those Pesky Mosquitoes...

Our heavy rains bring an increase in mosquitoes.



Mosquitoes aren't just annoying, they can carry West Nile Virus and other diseases. It's important to take steps to protect yourself and your family from mosquito bites.

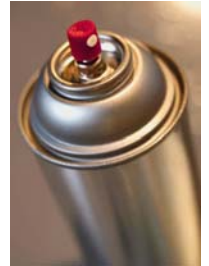
Follow the 5 D's to Prevent Mosquito Bites:

Dusk and Dawn – Many mosquitoes bite between dusk and dawn. Limit time outdoors during these hours.

Dress – Wearing long-sleeve shirts, long pants and socks sprayed with repellent while outdoors can help prevent mosquito bites.

DEET – Use an insect repellent containing DEET (N, N-diethyl-m-toluamide) on exposed skin when you go outdoors.

Drain standing water. Don't give mosquitoes a place to breed. Even a little bit of standing water can be enough for a mosquito to lay its eggs.



Get Rid of Mosquito Breeding Sites:

Mosquitoes breed in standing water, so check your yard at least once a week. Clean out eaves and gutters. Remove old tires or **drill drainage holes in those used in playgrounds.**

Turn over or remove empty pots and buckets. Pick up all beverage containers and cups.



Replace water in birdbaths and animal dishes at least three times a week and change water in plant trays, including hanging plants, at least once a week. Make sure screens are in

good condition.

For more info visit http://www.cdc.gov/ncidod/dvbid/westnile/prevention_info.htm

