

# HEALTHY HABITS

June 2017

## Do Not Forget Your Sunscreen

June is the time of year for family vacations and lots of outdoor activities. We must remember to take care of our skin by applying sunscreen before going outside even if it is cloudy you can still get high levels of exposure which can cause a sunburn-as up to 80% of the suns UV rays are still present. Three of the important things to look for in sunscreen are:



Broad-spectrum protection (protects against UVA & UVB rays)



Sun protection factor (SPF) 30 or higher



Water resistance

According to American Academy of Dermatology use a sunscreen that offers the above helps to protect your skin from sunburn, early skin aging and skin cancer. However, sunscreen alone cannot fully protect you. In addition to wearing sunscreen, dermatologists recommend taking the following steps to protect your skin and find skin cancer early:

- Seek shade when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.
- Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- Use extra caution near water, snow and sand as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
- Avoid tanning beds. Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look tan, you may wish to use a self-tanning product, but continue to use sunscreen with it.
- Check your birthday suit on your birthday. If you notice anything changing, itching or bleeding on your skin, see a board-certified dermatologist. Skin cancer is very treatable when caught early.



### Healthy Inspiration

*To change your life you must change your habits.*

### Did You Know

*The human heart beats over 100,000 times per day!*



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## How to keep the Bugs Away

Bugs abound in the summer months as well and mosquitos are sure to put a damper on evening activities. With the concern of viruses spread by these flying, biting pests it is best to prevent them from biting initially. The CDC has evaluated and data available from EPA to identify several types of EPA-registered products that provide repellent activity sufficient to help people reduce the bites of disease-carrying mosquitoes. **Products containing the following active ingredients typically provide reasonably long-lasting protection:**



- Apply Properly**
- Apply to exposed skin or clothing
  - Avoid heavy application & saturation of spray.
  - Never use repellents over cuts, wounds, or irritated skin.
  - Do not spray directly on face—spray on hands first and then apply to face.
  - Wash hands after application to avoid accidental exposure to eyes or ingestion.
  - After returning indoors, wash repellent-treated skin with soap and water or bathe. Wash treated clothing before wearing it again.

## Importance of Repellent

Mosquito control is key as the virus's spread through mosquito bites such as dengue, West Nile, Zika and Chikungunya are a risk to anyone traveling to areas where mosquitos are found, which is just about everywhere. These viruses are not treatable and there is no vaccine but they are preventable by repelling the bites. Use repellants as mentioned above, wear long sleeve shirts and pants. Limit breeding areas around you by not allowing old tires to stand outside, empty small pools, buckets or planters to accumulate standing water.

Infants, the elderly, pregnant women and those that have compromised immune systems are at highest risk of complications from the mosquito transmitted viruses. Common symptoms are fever, joint pain, headache, muscle and joint pain as well as a rash can occur. Symptoms can begin three to seven days after being infected. Most people feel better within a week and joint pain can persist much longer in some cases. Outbreaks have occurred in Africa, Europe Southeast Asia and in the islands of the Indian, Pacific Oceans, Caribbean, South, Central and North America.

For more information see the Centers for Disease Control website at [www.cdc.gov](http://www.cdc.gov) Traveling? For country specific travel information visit [www.cdc.gov/travel](http://www.cdc.gov/travel)



## Summer Fun Swim Schedule

A healthy activity to do this summer is going to your local pool and swimming. Swimming exercises almost the entire body – heart, lungs, and muscles – with very little joint strain. Check out your local pool and sign up for a swim class.

### 2017 Lancaster Swim Lesson Schedule.

When signing up, you must register your child in the class according to their age. No exceptions. To register, you must come to the Lancaster Park Office located at 1507 E. Main St., Lancaster, OH, the office phone is 740-687-6651.

Age 6 years and up class – 8 days and \$30 for Lancaster city residents \$40 for non-city residents.

Age 3–5 years and parent/child class – 5 days and \$20 for city residents and \$30 for non-city residents.

