

Highlight on Health

An Emmons County Public Health Publication

Important Dates

June 2 - Cancer Survivors Day.

June 8 - Family Health and Fitness Day USA.

June 10-16 - National Men's Health Week.

June 13-20 - National Nursing Assistants Week.

June 14 - World Blood Donor Day.

June 14 - Flag Day.

June 16 - Father's Day.

June 17-21 - Healthcare Risk Management Week.

June 21 - Summer Solstice.

Health Awareness

- Alzheimer's and Brain Awareness Month
- Cataract Awareness Month
- Men's Health Month
- Migrane and Headache Awareness Month
- PTSD Awareness Month

Get Involved with Men's Health

Did you know there was a month entirely dedicated to raising awareness for issues impacting the health and wellness of men and boys?

The month also coincides with Men's Health Week (June 10-16), a special awareness period created by Congress, and the #ShowUsYourBlue campaign on June 14 where men and women are encouraged to wear blue to work that day to show their support for the health and well-being of boys and men.

See our easy list of things to do to be active, aware, all month long:

1. June is **Men's Health Month** – spread the word and make sure every loved male in your life is living well

2. **Early screenings!** They will not only save money in the long run but also save your life and/or make life easier to manage if diseases are caught early on

3. **Exercise**, its summertime! Why do you think most TV shows and football are off? So men can finally go out and move around. (Note: there is no true correlation between summer broadcast schedule and reason to exercise) You shouldn't need a reason to get at least 30 minutes of exercising in, just help your heart and just do it like Nike says.

4. **Father's Day** is coming up! Why not give your father figure in your life the gift of knowledge along with your gift. There are many resources at www.menshealthnetwork.net that help educate you and your father about risks of prostate cancer



and other diseases that may be prevalent to you.

5. Keep reading this **newsletter** and others like it for the latest on how to improve and support men's health.

6. Remember that **anyone can assist in the men's health movement**, and help is not limited by gender basis. Anyone can be supportive and help men make that first step towards a better life. Everyone should be an ally!

Source: menshealthmonth.org

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www.emmonsnd.com/public-health.html
facebook.com/ECPH.gov



Keep Safety in Mind for Your Kids this Summer

Summer and warmer temperatures provide a wide array of opportunities for kids to enjoy the outdoors. Take steps to keep them safe and healthy, both indoors and outdoors.

Master Water Safety

Swimming and other water activities are excellent ways to get the physical activity and health benefits needed for a healthy life. Get the most from these activities while helping everyone stay safe and healthy.

- When kids are in or near water, closely supervise them at all times.
- Help prevent recreational water illnesses by keeping the pee, poop, sweat and dirt out of the water. Take kids on bathroom breaks and check diapers every hour. If needed, change them in a bathroom or diaper-changing area – not poolside – to keep germs away from the water.
- Wear a life jacket while boating. Properly fitted lifejackets can prevent drownings



and should be worn at all times by everyone on any boat.

Be Sun Smart

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Adults and children need protection from ultraviolet (UV) rays whenever outdoors.

- Seek shade when necessary. UV rays are strongest during

midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, umbrella or pop-up tent.

- When possible, cover up with long-sleeved shirt and long pants or skirts to provide protection from UV rays.
- Wear a hat that shades the face, scalp, ears and neck. If you choose to wear a baseball

cap, protect exposed areas with sunscreen.

- Wear sunglasses that protect eyes from UV rays.
- Use sunscreen with at least SPF 15 every time you're outside. For best protection, apply generously 30 minutes before going out. Don't forget to protect ears, noses, lips and the tops of feet.

Be Safe at Home, Work or Play

Injuries are the leading cause of death in children aged 19 and younger, but most child injuries can be prevented.

- Play it safe on the playground. Read playground signs and use playground equipment that is right for your child's age. Look out for things in the play area that can trip your child like tree stumps and rocks.
- Stay smart around the house by following tips on fire prevention, microwave use and living with pets.
- Help working teens learn about safety and health on the job.

Source: CDC

Grilling Tips

- Grill should be used away from home, deck railings and any overhanging objects.
- Clean grilling surface, and trays below surface, often.
- Do not leave grill unattended.
- Keep children & pets at least 3 feet away from grilling area.
- Open grill lid before lighting it.

