

# COMFORT CARE CHATTER

## June Birthdays

Happy Birthday to YOU!

|              |     |    |      |
|--------------|-----|----|------|
| Rachel B.    | HCA | CO | 6.4  |
| Chelsey M.   | HCA | IP | 6.9  |
| Charlotte M. | HCA | CO | 6.10 |
| Lamesha H.   | HCA | CO | 6.11 |
| Marcia B.    | HCA | CR | 6.13 |
| Mellissa B.  | HCA | DV | 6.14 |
| Kathleen T.  | HCA | CR | 6.17 |
| Kathleen C.  | HCA | DV | 6.19 |
| Karen B.     | HCA | CR | 6.21 |
| Linda C.     | HCA | CR | 6.27 |

JUNE 2018 ISSUE

Also available online at  
[www.comfortcareia.com](http://www.comfortcareia.com)



Did you know there are more than 3,500 species of mosquitoes or that only female mosquitoes bite? A mosquito can drink up to 3x its weight in blood! Gross, right?!? Take a look at page 2 to learn how to avoid those little buggers and their nasty bites!



It's that time of year where we are spending lots of time in the sun! Whether you are outside enjoying the heat or sitting indoors in your sunroom, it is important that you wear sunscreen on all of your exposed skin! But what do you look for in sunscreen? We have the answer to this question on more! Take a look at the infographic on page 3 to learn more!

**NOTICE:** Our "Managed Care Help Sheet" is now available on our website! Check out our newsletter page for access to the downloadable PDF!

# Mosquito Season

By Signe Henderson



Mosquito season is upon us! Those red, itchy bumps that drive us crazy can be prevented with a little common sense and know-how. Bites from mosquitoes can carry viruses and parasites, so prevention is key.

There are different kinds of mosquitoes and different mosquitoes can cause varying reactions. Only female mosquitoes bite. They select their 'victims' by tracking scent, exhaled carbon dioxide and chemicals in your perspiration. When a female mosquito bites you, they inject their saliva into your skin, causing the reaction. Children are likely to experience more severe reactions than adults, because adults have had many bites in their lives and become desensitized. Most bites are merely annoying with redness and itching, but more severe reactions can include fever, headache, body aches and other signs of infection. If any of these symptoms occur, consult your doctor.

You can limit your exposure to mosquitoes by avoiding or limiting your outdoor activities from dusk to dawn when most mosquitoes are active. Insect repellent is the most effective prevention and usually include either DEET, Icaridin, or oil of lemon eucalyptus. Most repellents can repel mosquitoes AND ticks. DEET is believed to offer the longest protection. Whichever product you use, READ THE LABEL before you apply it. Use spray repellents outdoors and away from food. Children under the age of 2 months cannot be exposed to DEET and never use oil of lemon eucalyptus on children under the age of 3 years.

If you are using a sunscreen AND want to apply repellent, apply the sunscreen FIRST and wait about 20 minutes. Avoid products that contain BOTH sunscreen AND repellent. Sunscreen needs to be reapplied more often than repellent and you don't want to apply more repellent than you need.

You can reduce mosquitoes around your environment by eliminating standing water - emptying kids pools and bird baths and replacing the water at least weekly - and cleaning your roof gutters in the spring.

The best way to avoid bites is to stay indoors and we all know summer is the time for outdoor fun, so grab your repellent and enjoy the weather!

## FIND US ON FACEBOOK

Stop by our Facebook page to check out our latest events, sponsorships, job postings and more!



# WEAR YOUR SUNSCREEN!

## How often should I apply?

Apply sunscreen to dry skin 15 minutes BEFORE going outdoors.

Skin cancer also can form on the lips. To protect your lips, apply a lip balm or lipstick that contains sunscreen with an SPF of 30 or higher.

Reapply sunscreen approximately every two hours, or after swimming or sweating, according to the directions on the bottle.

## Are sunscreens safe?

Using sunscreen, seeking shade and wearing protective clothing are all important behaviors to reduce your risk of skin cancer. Scientific evidence supports the benefits of using sunscreen to minimize short-term and long-term damage to the skin from the sun's rays.

Preventing skin cancer and sunburn outweigh any unproven claims of toxicity or human health hazard from ingredients in sunscreens.

## Is a high-number SPF better than a low-number one?

Dermatologists recommend using a sunscreen with an SPF of at least 30, which blocks 97 percent of the sun's UVB rays. Higher-number SPFs block slightly more of the sun's UVB rays, but no sunscreen can block 100 percent of the sun's UVB rays. It is also important to remember that high-number SPFs last the same amount of time as low-number SPFs. A high-number SPF does not allow you to spend additional time outdoors without reapplication. All sunscreens should be applied approximately every two hours or according to time on the label, even on cloudy days, and after swimming or sweating.

# HOW TO SELECT A SUNSCREEN

Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

## SUNSCREEN IS AN IMPORTANT TOOL

in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5 Americans will develop skin cancer in their lifetime.



The American Academy of Dermatology recommends consumers choose a sunscreen that states on the label:

### BROAD SPECTRUM

Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.

### SPF 30 OR HIGHER

How well a sunscreen protects you from sunburn.

### WATER RESISTANT OR VERY WATER RESISTANT

For up to 40 or 80 minutes. Sunscreens are not waterproof or sweatproof and need to be reapplied.



ONE OUNCE OF SUNSCREEN, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.



SpotSkinCancer.org

## REMINDER

CLIENTS & COMFORT CARE STAFF, PLEASE REMEMBER TO CALL THE OFFICE WHENEVER YOU HAVE A SCHEDULE CHANGE!

# Brain Teasers

- 1. I can be quick and then I'm deadly,  
I am a rock, shell and bone medley.  
If I was made into a man, I'd make people dream,  
I gather in my millions by ocean, sea and stream.*
- 2. What 5 letter word becomes shorter when you add 2 letters  
to it?*
- 3. When you need me you throw me away but when you're  
done with me you bring me back. What am I?*
- 4. What rock group has four men that don't sing?*

|  |                                 |                                 |                            |
|--|---------------------------------|---------------------------------|----------------------------|
| 21<br>Update                               | 22<br>Well Balanced<br>Meal     | 23<br>Tennis Shoe<br>(10 issue) | 24<br>excuse me            |
| 25<br>Time after time<br>or<br>double time | 26<br>Bad Influence             | 27<br>Won by a<br>nose          | 28<br>Too big<br>to ignore |
| 29<br>Big Bird                             | 30<br>High Chair                | 31<br>Ice Cube                  | 32<br>foreign<br>language  |
| 33<br>SPACE<br>INVADERS                    | 34<br>Safety in<br>Numbers      | 35<br>Blanket                   | 36<br>who's in charge      |
| 37<br>Equal<br>Rights                      | 38<br>Tiptoe thru the<br>tulips | 39<br>Free for (4)<br>all       | 40<br>neon lights          |

**Last  
Month's  
Answers**

Do you have a big announcement? A thank you? A great photo? Send your input for the Chatter to Taylor and she will add it to next month's newsletter!

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