

Highlight on Health

An Emmons County Public Health Publication

Important Dates

July 3 - Stay Out of the Sun Day.

July 4 - Independence Day (Office Closed).

July 15-21 - National Youth Sports Week.

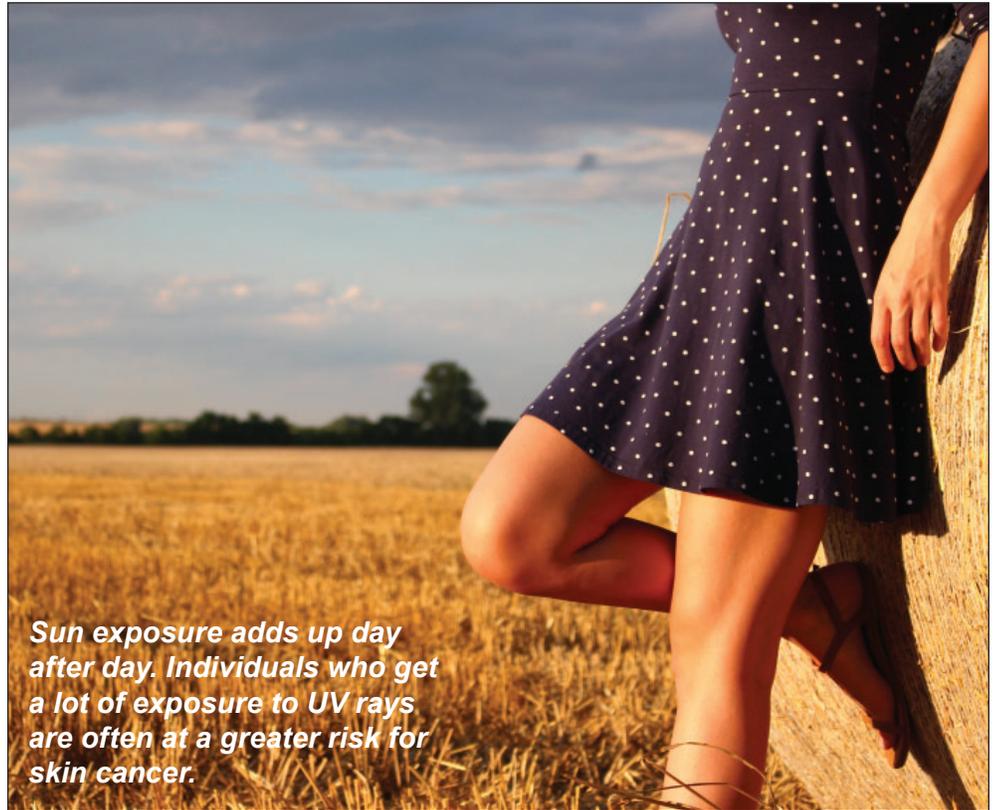
July 15 - Pet Fire Safety Day.

July 28 - World Hepatitis Day.

July 28 - National Parents Day.

Health Awareness

- Cord Blood Awareness Month
- International Group B Strep Awareness Month
- Juvenile Arthritis Awareness Month
- National Cleft & Craniofacial Awareness Month
- UV Safety Month



Sun exposure adds up day after day. Individuals who get a lot of exposure to UV rays are often at a greater risk for skin cancer.

Protect Yourself from UV Rays

Individuals who get a lot of exposure to ultraviolet (UV) rays, often are at a greater risk for skin cancer as they age.

Sunlight is the main source of UV rays, but you don't have to avoid the sun completely. Some people think about sun protection only when they spend a day at the lake, beach or pool. But sun exposure adds up day after day, and it happens every time you are in the sun.

Remember these steps you can take to protect yourself from UV Rays:

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Wrap on Sunglasses

If you plan to be outdoors, you may

want to check the UV Index for your area. The UV Index can be found through local newspaper, television, radio and online. Also, avoid tanning beds and sun lamps. If you want a tan, one option is using sunless tanning lotion.

Remember that individuals with light skin are much more likely to experience sun damage than people with darker skin. Sunburns increase your risk of skin cancer, but any UV exposure can raise skin cancer risk, even without a sunburn.

Source: www.cancer.org.



Fireworks Increase Risk of Injury, Fires

The possible dangers for fireworks almost always include the potential for an emergency room visit. There are more fires reported on July 4, America's Independence Day, than any other day of the year. Each year, fireworks cause an average of 1,300 structure fires, 300 vehicle fires and nearly 17,000 other fires that result in thousands of injuries.

In 2017, for example, fireworks killed eight people and injured nearly 13,000 more badly enough to require medical treatment. Be aware of the following dangers with various firecrackers and fireworks to help remain safe this Fourth of July:

Sparklers – These fireworks burn at about 2,000 degrees – hot enough to melt some metals. These can easily ignite clothing or create severe burns if coming in contact with skin.

Bottle Rockets – Bottle rockets often cause head



and eye injuries when the firecrackers are shot at, or in the direction of, another individual. The flight path of these firecrackers is erratic and they often fly in a different direction than intended.

Firecrackers – Firecrackers can cause severe burns and other injuries if exploding near an individual.

Roman Candles – These

fireworks can cause burns and even loss of fingers if held while exploding. The device may jam, which can cause severe injury.

M-Class Fireworks – These explosives cause hundreds of injuries each year due to illegal production and a lack of quality control. Often times these devices have short fuses. Indicators that a device may be illegal are as follows:

- It resembles a roll of coins with a fuse.
- It consists of a cardboard tube or oddly shaped item wrapped in brown paper and filled with an explosive material.
- It is red, silver or brown in color.
- It may be 1-6 inches long and up to an inch or more in diameter.
- It is sold on the street or out of the back of someone's vehicle.

Source: www.nsc.org, www.atf.gov.

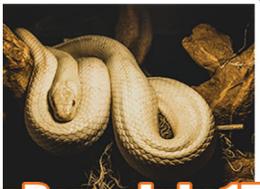
Protect Your Pets

- ✓ Extinguish open flames.
- ✓ Remove knobs from stove.
- ✓ Replace glass water bowls on wooden decks with metal or plastic.
- ✓ Consider flameless candles for ambiance and backup lighting in the event of a power outage.
- ✓ Secure pets when away from home.
- ✓ Place fire alert window clings identifying the room your pets are located in.
- ✓ Have a plan when you are home for who is responsible for each pet.







National Pet Fire Safety Day ~ July 15