



Health and Wellness Seminar



What is Your UV IQ?



The skin is the body's largest organ. It protects against heat, sunlight, injury, and infection. Yet, some of us don't consider the necessity of protecting our skin.

It's just smart to take good care of your skin.

The need to protect your skin from the sun has become very clear over the years, supported by several studies linking overexposure to the sun with skin cancer. The harmful ultraviolet rays from both the sun and indoor tanning "sunlamps" can cause many other complications besides skin cancer - such as eye problems, a weakened immune system, age spots, wrinkles, and leathery skin.

How to protect your skin

There are simple, everyday steps you can take to safeguard your skin from the harmful effects of UV radiation from the sun.

Wear proper clothing—Wearing clothing that will protect your skin from the harmful ultraviolet (UV) rays is very important. Protective clothing are long-sleeved shirts and pants are good examples. Also, remember to protect your head and eyes with a hat and UV-resistant sunglasses. You can

fall victim to sun damage on a cloudy day as well as in the winter, so dress accordingly all year round.

- Avoid the burn**—Sunburns significantly increase one's lifetime risk of developing skin cancer. It is especially important that children be kept from sunburns as well.
- Go for the shade**—Stay out of the sun, if possible, between the peak burning hours which are between 10 a.m. and 4 p.m. You can head for the shade or make your own shade with a broad-brimmed hat, for example.
- Apply broad-spectrum sunscreen**—Generously apply sunscreen to cover all exposed skin. The "broad spectrum" variety protects against overexposure to ultraviolet A (UVA) and ultraviolet B (UVB) rays. FDA recommends using SPF of at least 15.
- Re-apply sunscreen throughout the day**—Even if a sunscreen is labeled as "water-resistant," it must be reapplied throughout the day, especially after sweating or swimming. To be safe, apply sunscreen at a rate of one ounce every two hours.

Source: U.S. Department of Health & Human Services.

Please register with Human Resources no later than Wednesday, 7/23/2014.

July 2014

UV Safety

Thursday, July 24, 2014

2:30 p.m. – 3:30 p.m.

Council Chambers

Speaker: To Be Announced

The Human Resources Department, in conjunction with Mission Regional Medical Center, will be hosting health and wellness seminars each month.

Employees will receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing npena@missiontexas.us.



****RAFFLE****

We will be raffling a \$20 Subway Gift Card

Must be present to win



Our mission is to promote Health awareness and to encourage healthy lifestyles.