

June 2019 Summer Safety



**Human Resources
Department
1201 E. 8th Street
Mission, TX 78572**

Staff:

**Noemi Munguia
Human Resources Director**

**Nereyda Peña
Assistant Human Resources
Director**

**Catherine N. Hernandez
Human Resources Coordinator**

**Melissa Ayala
Benefits Coordinator**

Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Summer Safety.

**956-580-8631
www.missiontexas.us**

Protect The Skin You're In

Skin cancer is the most common cancer in the United States and one of the most preventable. Every year, there are 63,000 new cases of melanoma resulting in 9,000 deaths. Melanoma is the deadliest form of skin cancer.

The most common cause? Exposure to Ultraviolet (UV) radiation is the most common cause of skin cancer and is present in sunlight. A Centers for Disease Control (CDC) study shows that most Americans are not protecting themselves from the sun's harmful UV radiation. Less than 15 percent of men and 30 percent of women use sunscreen regularly when outside for longer than one hour.

Sun protection that works:

- Use broad spectrum sunscreen with SPF 15+ to protect exposed skin.
- Stay in the shade especially during midday hours.
- Wear a hat, sunglasses and fully covering clothes to protect skin.
- Sunscreen works best when used with shade or clothes, and re-apply every two hours, especially after swimming, sweating and toweling off.

Sources: U.S. Department of Health and Human Services: Centers for Disease Control and Prevention



Rethink Your Drink



Smart beverage choices can help cut calories. If you've ever tried to lose weight, you probably focused solely on food. But another way to cut calories may be to think about what you drink. Calories in drinks are not hidden – they're listed on the Nutrition Facts label – yet many people don't realize how these calories can add up each day. Try these healthful substitutes the next time you're ready to grab a drink:

- Sparkling water with natural lemon flavor (not sweetened) instead of sweetened iced tea from the vending machine
- Water with a slice of lemon or lime rather than a glass of lemonade
- Bottled water or diet soda in place of a 20-ounce bottle of regular cola
- Small café latte (12 ounces) made with fat-free milk instead of a medium café latte (16 ounces) made with whole milk

Source: Centers for Disease Control and Prevention

Food Safety Matters Whether Inside or Out



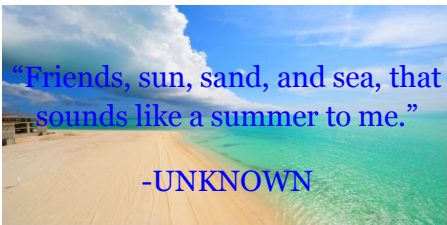
Whether you're cooking in your kitchen or on the grill, safe food handling can mean the difference between a healthy meal and a doctor's visit.

- Never marinate food outside. Always marinate in the refrigerator.
- If you want to use some of the marinade as a sauce, set some unused sauce aside for that. Don't use sauce that was used to marinate the raw food.
- Cook food completely. Use a food thermometer to be sure meat and poultry has reached a safe internal temperature.

- Keep hot food hot by moving it to the side of the grill until you're ready to serve.
- Have ice chests on hand to keep cold food cold until you're ready to eat.
- Use a clean plate when taking food off the grill. Reusing the same plate that held the raw meat could contaminate the cooked food.
- When you're finished eating, refrigerate leftovers right away. Whether it's a summer cook-out or a picnic in the park, keeping safety in mind is key.

Sources: U.S. Consumer Product Safety Commission; U.S. Department of Agriculture

SUMMER SAFETY



Practicing Water Safety Start At Home

Accidental drowning can be avoided. One of the leading causes of death for young children is preventable. Drowning accounts for the most injury deaths of children ages one to four. Swimming pools are the main place where young children drown, followed by bathtubs. Here are a few tips to keep in mind:

- Never leave young children alone near any water.
- Keep a young child within arm's reach in a bathtub.
- After using a bucket, always drain it and store away from young children.
- Keep bathroom doors closed or place locks on toilet seat covers in case a young child wanders into the bathroom.
- Learn CPR (cardiopulmonary resuscitation). It can save a life.
- Give your children life jackets when they are near or in water, such as lakes or the ocean. Don't use toys as a substitute.
- Don't drink alcohol before or during swimming, boating or water skiing, or while watching children.
- If you don't know how to swim, learn.
- Never swim alone.

Swimming pools can be great backyard fun. To help keep children safe, make sure that you have a four-foot, four-sided fence with self-closing and self-latching gates. Pool fences should separate the house and play area from the pool.



Keep Safety First When Heading to the Barbecue

Before any outdoor cooking starts, make sure you know the facts about fire safety.

- Both propane and charcoal grills pose fire dangers.
- Grills should always be used away from the home, deck railings and out from under eaves and overhanging branches.
- All grills should only be used outdoors.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease or fat buildup.
- Never leave your grill unattended.

Charcoal Grills:

- If you use a starter fluid, use only charcoal starter fluid.
- Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid away from heat sources.
- If you use an electric charcoal starter, be sure to use an outdoor extension cord.
- Let the coals cool before throwing away in a metal container.

Propane grills:

- Check hoses for any signs of damage like cracking, brittleness, holes and leaks.
- Make sure there are no sharp bends in the hose or tubing.
- Check for gas leaks.
- If you have a leak that you cannot stop, call the fire department.
- If you smell gas while cooking, get away from the grill and call the fire department. Do not move the grill.



Sources: U.S. Consumer Product Safety Commission; U.S. Department of Agriculture

Keeping Meals Safe When on the Road

When you take a trip, the last thing you want is to get sick. So before you leave, check out these food safety tips to make sure your time off isn't spoiled by food borne illness:

- Don't leave food out for longer than an hour when it's more than 90°F outside.
- Keep food that can spoil in coolers with ice or freezer packs.
- If you have to pack raw meat and poultry, make sure it's frozen in an ice-filled cooler and kept away from other foods.
- Fill coolers to the top with ice and keep the lid closed.
- Keep outside coolers in the shade.
- Don't drink water from streams or rivers as germs in the water might make you sick.
- Take moist throw-away hand wipes and clean your hands often.
- Throw away old canned goods from vacation homes or recreational vehicles.
- Make sure refrigerators and cooking tools are clean before using.



Sources: United States Department of Agriculture; U.S. Department of Health & Human Services

Did You Know?



Healthcare coverage when you are traveling or living abroad

As a Blue Cross and Blue Shield member, you take your healthcare benefits with you when you are abroad. Through the Blue Cross Blue Shield Global Core program, you have access to doctors and hospitals around the world.

To take advantage of the program:

- Always carry your current member ID card.
- Before you travel, contact your Blue Cross and Blue Shield (BCBS) company for coverage details. Coverage outside the United States may be different.
- If you need to locate a doctor or hospital, call the Service Center for Blue Cross Blue Shield Global Core (see number below). An assistance coordinator, in conjunction with a medical professional, will arrange a physician appointment or hospitalization if necessary.
- If you need inpatient care, call the Service Center (see number below) to arrange direct billing. In most cases, you should not need to pay upfront for inpatient care except for the out-of-pocket expenses (noncovered services, deductible, copayment and coinsurance) you normally pay. The hospital should submit the claim on your behalf.
- In addition to contacting the Service Center, call your BCBS company for precertification or preauthorization. Refer to the phone number on the back of your member ID card. *Note: This number is different from the phone number listed below.*
- For outpatient and doctor care or inpatient care not arranged through the Service Center, you may need to pay upfront. Complete a Blue Cross Blue Shield Global Core International claim form and send it with the bill(s) to the Service Center (the address is on the form). You can also submit your claim online or through the Blue Cross Blue Shield Global Core mobile app. The claim form is available from your BCBS company or online at www.bcbsglobalcore.com.

In an emergency, go directly to the nearest hospital.

To learn more about Blue Cross Blue Shield Global Core:

- Visit www.bcbsglobalcore.com.
- Use the Blue Cross Blue Shield Global Core app for Android*, iPhone, and iPod touch.** (Rates from your wireless provider may apply).
- Call your BCBS company.
- Call the Service Center at 1.800.810.2583 or collect at 1.804.673.1177, 24 hours a day, seven days a week.

The Blue Cross Blue Shield Global Core program was formerly known as BlueCard Worldwide®.

Blue Cross, Blue Shield, the Blue Cross and Blue Shield symbols, BlueCard, BlueCard Worldwide, and Blue Cross Blue Shield Global are trademarks of the Blue Cross Blue Shield Association, an association of independent Blue Cross and Blue Shield companies.

*Android is a trademark of Google Inc. **Apple, the Apple logo, iPod touch, and iTunes are trademarks of Apple Inc., registered in the U.S. and other countries. iPhone is a trademark of Apple Inc. App Store is a service mark of Apple Inc.

TheBlueCard.
Now, Home Is Where The Card Is®

Let's Get Moving!

Move of the Month



1 20 minutes	2 20 minutes	3 20 minutes	4 Bike, Hike, Swim, Row, Walk...	5 30 minutes	6 30 minutes	7 30 minutes
8 Bike, Hike, Swim, Row, Walk...	9 30 minutes	10 30 minutes	11 30 minutes	12 Bike, Hike, Swim, Row, Walk...	13 45 minutes	14 45 minutes
15 45 minutes	16 Bike, Hike, Swim, Row, Walk...	17 45 minutes	18 45 minutes	19 45 minutes	20 Bike, Hike, Swim, Row, Walk...	21 60 minutes
22 60 minutes	23 60 minutes	24 Bike, Hike, Swim, Row, Walk...	25 60 minutes	26 60 minutes	27 60 minutes	28 Bike, Hike, Swim, Row, Walk...
29 90 minutes	30 Find a 5 km or 10 km walk/run in July or August and register online NOW!					

30-day MOVE IT! challenge
by Jodi Higgs

Walk It! Jog It! Run It! ...whatever moves you!

* Modify this Challenge to suit your individual fitness level and needs. Regardless of whether you walk, jog, run, or combine all three, it is our goal this month to cover some serious ground and keep ourselves moving!
Follow us at: <https://www.facebook.com/jodi.higgs.56>

Last Month's Events:

Health and Wellness Seminar "Behavioral Wellness"

Door Prize Winner:

Melissa Gomez – Jason's Deli Gift Card

Health and Wellness Seminar "We've Got Your Back"

Door Prize Winners:

Jesus Sepulveda – Gift Basket

Santiago Silva – Gift Basket



Upcoming Events:

Airrosti On-Site Treatment

Date: Thursday, June 6, 2019

Time: 9:00 a.m. – 1:00 p.m.

Location: City Hall Community Room

Health and Wellness Seminar

Topic: "Managing Emotions"

Date: Thursday, June 13, 2019

Time: 2:30 p.m. – 3:30 p.m.

Location: Council Chambers

CPR Class

Date: Wednesday, June 19, 2019

Time: 8:30 a.m. – 12:00 p.m.

Location: Central Fire Station

Lunch and Learn

Topic: "Health at Your Desk"

Date: Thursday, June 27, 2019

Time: 12:00 p.m. – 1:00 p.m.

Location: City Hall Community Room