

July 2019 UV Safety



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

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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.

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



Sun Safety

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Source: Division of Cancer Prevention and Control, Centers for Disease Control and Prevention

Sun Protection That Works

Less than 15 percent of men and 30 percent of women use sunscreen regularly when outside for longer than one hour.

- 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

UV Safety



Sun Safety Tips for Families

Nearly five million people are treated for skin cancer each year in the United States. Skin cancer can be serious, expensive, and sometimes even deadly. Fortunately, most skin cancers can be prevented.

- Ultraviolet (UV) rays – from the sun or from artificial sources like tanning beds – are known to cause skin cancer.
- Damage from exposure to UV rays builds up overtime, so sun protection should start at an early age.

Stay Sun-Safe Outdoors

- Seek shade, especially during midday hours. This includes 10 am to 4 pm, March through October, and 9 am to 3 pm, November through February. Umbrellas, trees, or other shelters can provide relief from the sun.
- Be extra careful around surfaces that reflect the sun's rays, like snow, sand, water, and concrete.
- Wear sun protection gear like a hat with a wide brim and sunglasses to protect your face and eyes.
- Sunglasses protect your eyes from UV rays and reduce the risk of cataracts and other eye problems
- Wrap-around sunglasses that block both UVA and UVB rays offer the best protection by blocking UV rays from the side.
- Wear a long-sleeved shirt and pants or a long skirt for additional protection when possible. If that's not practical, try wearing a T-shirt or a beach cover-up.
- Apply a thick layer of broad spectrum sunscreen with an SPF of 15 or higher at least 15 minutes before going outside, even on cloudy or overcast days. Reapply sunscreen at least every two hours and after swimming, sweating, or toweling off.

Sun Safety Tips for Men

When you think about sun protection, you might think about a day at the beach. But over your lifetime, you get sun exposure doing everyday things like biking, working, running, or even mowing the lawn. Sun exposure is the main source of ultraviolet (UV) rays, which can cause skin cancer and exposure adds up over time, increasing your risk of developing skin cancer.

- Skin cancer is the most common cancer in the United States. Every year, nearly five million people are treated for skin cancer, at a cost of about \$8 billion. Melanoma causes around 9,000 deaths per year in the U.S.
- Men, especially those with lighter skin, are more likely than anybody else to get skin cancer, including melanoma—the deadliest kind of skin cancer.



Source: Division of Cancer Prevention and Control, Centers for Disease Control and Prevention

Why Are Men More Likely Than Women to Get Skin Cancer?



Men tend to get more sun exposure than women. Men spend more time outside over their lifetimes than women, and they're more likely to work outdoors than women. Women's personal care products, like moisturizer and makeup, often contain sunscreen, while many products for men don't.

About one-third of U.S. adults get sunburned each year. Sunburn, which can increase your risk of getting skin cancer, is common among white men, young adults, and men who tan indoors. When outside on a sunny day for more than an hour, only about 14% of men use sunscreen on both their face and other exposed skin.

Easy Ways to Protect Yourself:

- Long-sleeved shirts, pants, and wide-brimmed hat
- Stay in the shade
- Use a broad spectrum sunscreen of at least SPF 15
- If you work outdoors, ask about sun protection at your job, like sun-protective clothing
- Avoid indoor tanning

Did You Know?



24/7 Nurseline

Nurses available anytime you need them



BlueCross BlueShield of Texas



Call the 24/7 Nurseline with any health questions.

Toll-free: 800-581-0393

Hours of Operation: Anytime

Health happens – good or bad, 24 hours a day, seven days a week. That is why we have registered nurses waiting to talk to you whenever you call our 24/7 Nurseline.

Our nurses can answer your health questions and try to help you decide whether you should go to the emergency room or urgent care center or make an appointment with your doctor. You can also call the 24/7 Nurseline whenever you or your covered family members need answers to health questions about

- Arthritis
- Back pain
- Diabetes
- Dizziness or severe headaches
- High fever
- A baby's non stop crying
- Cuts or burns
- Sore throat
- And much more

Plus, when you call, you can access an audio library of more than 1,000 health topics – from allergies to surgeries – with more than 500 topics available in Spanish.

Note: For medical emergencies, call 911. This program is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns.

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Blue Care Connection®

Let's Get Moving!

Move of the Month



www.sistersdofoodandfitness.com

July - #CommitToBeFitJuly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10 sit-ups x 3 sets 10 push-ups x 3 sets 10 squat jumps x 3 sets 30 second plank x 3 sets	2 20 bicycle crunches x 3 sets 10 tr-dips x 3 sets 10 squats x 3 sets 30 seconds of burpees x 3 sets	3 10 sit-ups x 3 sets 10 push-ups x 3 sets 10 squat jumps x 3 sets 30 second plank x 3 sets	4 20 bicycle crunches x 3 sets 10 tr-dips x 3 sets 10 squats x 3 sets 30 seconds of burpees x 3 sets	5 10 sit-ups x 3 sets 10 push-ups x 3 sets 10 squat jumps x 3 sets 30 second plank x 3 sets	6 20 bicycle crunches x 3 sets 10 tr-dips x 3 sets 10 squats x 3 sets 30 seconds of burpees x 3 sets
7 Rest 	8 12 sit-ups x 3 sets 12 push-ups x 3 sets 12 squat jumps x 3 sets 45 second plank x 3 sets	9 24 bicycle crunches x 3 sets 12 tr-dips x 3 sets 12 squats x 3 sets 45 seconds of burpees x 3 sets	10 12 sit-ups x 3 sets 12 push-ups x 3 sets 12 squat jumps x 3 sets 45 second plank x 3 sets	11 24 bicycle crunches x 3 sets 12 tr-dips x 3 sets 12 squats x 3 sets 45 seconds of burpees x 3 sets	12 12 sit-ups x 3 sets 12 push-ups x 3 sets 12 squat jumps x 3 sets 45 second plank x 3 sets	13 24 bicycle crunches x 3 sets 12 tr-dips x 3 sets 12 squats x 3 sets 45 seconds of burpees x 3 sets
14 Rest 	15 15 sit-ups x 3 sets 15 push-ups x 3 sets 15 squat jumps x 3 sets 60 second plank x 3 sets	16 30 bicycle crunches x 3 sets 15 tr-dips x 3 sets 15 squats x 3 sets 60 seconds of burpees x 3 sets	17 15 sit-ups x 3 sets 15 push-ups x 3 sets 15 squat jumps x 3 sets 60 second plank x 3 sets	18 30 bicycle crunches x 3 sets 15 tr-dips x 3 sets 15 squats x 3 sets 60 seconds of burpees x 3 sets	19 15 sit-ups x 3 sets 15 push-ups x 3 sets 15 squat jumps x 3 sets 60 second plank x 3 sets	20 30 bicycle crunches x 3 sets 15 tr-dips x 3 sets 15 squats x 3 sets 60 seconds of burpees x 3 sets
21 Rest 	22 18 sit-ups x 3 sets 18 push-ups x 3 sets 18 squat jumps x 3 sets 75 second plank x 3 sets	23 36 bicycle crunches x 3 sets 18 tr-dips x 3 sets 18 squats x 3 sets 75 seconds of burpees x 3 sets	24 18 sit-ups x 3 sets 18 push-ups x 3 sets 18 squat jumps x 3 sets 75 second plank x 3 sets	25 36 bicycle crunches x 3 sets 18 tr-dips x 3 sets 18 squats x 3 sets 75 seconds of burpees x 3 sets	26 18 sit-ups x 3 sets 18 push-ups x 3 sets 18 squat jumps x 3 sets 75 second plank x 3 sets	27 36 bicycle crunches x 3 sets 18 tr-dips x 3 sets 18 squats x 3 sets 75 seconds of burpees x 3 sets
28 Rest 	29 20 sit-ups x 3 sets 20 push-ups x 3 sets 20 squat jumps x 3 sets 90 second plank x 3 sets	30 40 bicycle crunches x 3 sets 20 tr-dips x 3 sets 20 squats x 3 sets 90 seconds of burpees x 3 sets	31 20 sit-ups x 3 sets 20 push-ups x 3 sets 20 squat jumps x 3 sets 90 second plank x 3 sets	Rules: 1) You don't have to do the exercises in sets of 3, but you have to complete the total daily goal. 2) You can do ANY variation of a push-up, as long as it's a push-up. 3) This is supposed to be challenging... so if the fitness challenge is too easy, add more reps to each set. 4) These exercises require no equipment and can be done anywhere! No excuses.	LET'S DO THIS!!! #CommitToBeFitJuly	

Last Month's Events:

Lunch and Learn
"Health at Your Desk"
Door Prize Winners:
 Rogelio Cavazos - Mug
 Oscar Hernandez - Mug



Upcoming Events:

Lunch and Learn
 Topic: "Headaches: It's Not Just In Your Head"
 Date: Thursday, July 25, 2019
 Time: 12:00 p.m. - 1:00 p.m.
 Location: City Hall Community Room

