

Summer Safety Awareness

WELCOME TO THIS MONTH'S EDITION OF LIVE WELL, WORK WELL. IN THIS ISSUE WE WILL BE FOCUSING ON THE IMPORTANCE OF SUMMER SAFETY AWARENESS.



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.

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



HUMAN RESOURCES DEPARTMENT

1201 E. 8th Street
Mission, TX 78572
956-580-8631

www.missiontexas.us

Master Water Safety

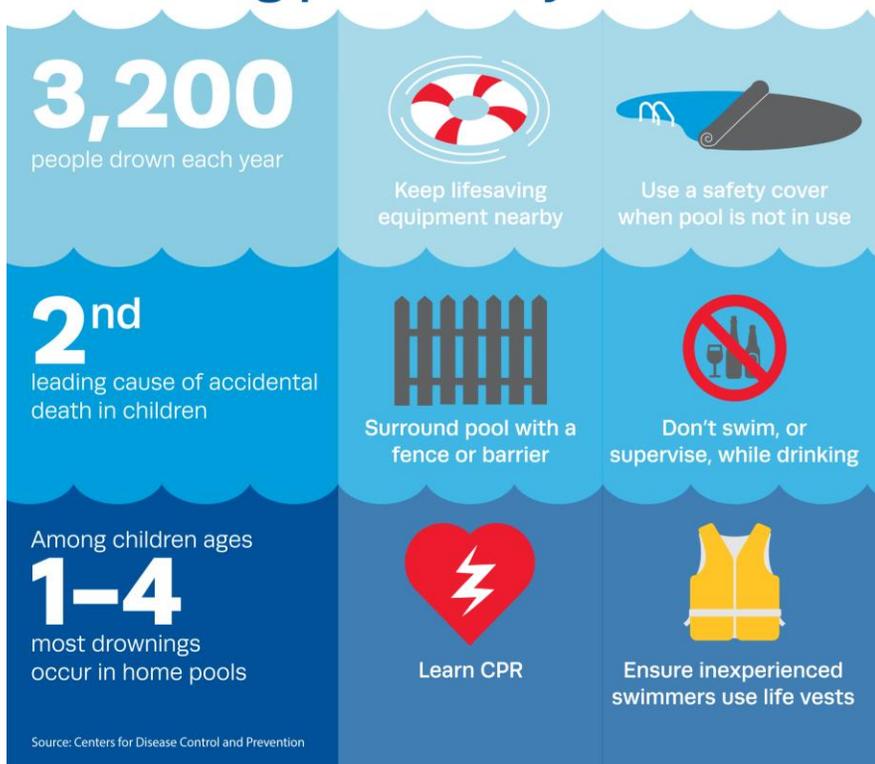
Swimming and other water activities are excellent ways to get the physical activity and health benefits needed for a healthy life. Get the most from these activities while helping everyone stay safe and healthy.

- Parents and caregivers play a key role in protecting children from drowning. When kids are in or near water, closely supervise them at all times.
- Help prevent recreational water illnesses, which is illness caused by germs and chemicals found in the water we swim in. Keep the pee, poop, sweat and dirt out of the water. Take kids on bathroom breaks and check diapers every hour, and change them in a bathroom or diaper-changing area-not poolside-to keep germs away from the pool.
- Stay safe while boating by wearing a life jacket. Properly fitted life jackets can prevent drownings and should be worn at all times by everyone on any boat.



Source: <https://www.cdc.gov/healthequity/features/kidsafety/index.html>

Swimming pool safety



Distractions Make for Tragedies

Parents are cautioned all the time about water safety, but drowning still occur. Always be aware and be in the present moment with your children. Following are a few water safety precautions:

- Never leave your child alone; if you have to leave, take your child with you
- Find age-appropriate swim lessons for your child, but keep in mind that lessons do make your child "drown-proof"
- Lifeguards aren't babysitters; always keep your eyes on your child
- Don't let children play around drains and suction fittings
- Never consume alcohol when operating a boat, and always make sure everyone is wearing U.S. Coast Guard-approved life jackets
- Don't underestimate the power of water; even rivers and lakes can have undertows

Source: <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/drowning>

BE SUN SMART

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Adults and children need protection from ultraviolet (UV) rays whenever they're outdoors. Learn how to protect your child from sun damage below:

- Seek shade when necessary. UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or pop-up tent.
- When possible, cover up with long-sleeved shirts and long pants and skirts to provide protection from UV rays.
- Wear a hat that shades the face, scalp, ears and neck. If your child chooses a baseball cap, be sure to protect exposed areas with sunscreen.
- Wear sunglasses. They protect your child's eyes from UV rays, which can lead to cataracts later in life.
- Use a sunscreen with at least SPF (sun protection factor) 15 every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips and the tops of feet.

Source: <https://www.cdc.gov/healthequity/features/kidsafety/index.html>

BE SAFE AT HOME, WORK AND PLAY

Injuries are the leading cause of death in children aged 19 and younger, but most child injuries can be prevented.

- Play it safe on the playground. Read playground signs and use playground equipment that is right for your child's age. Look out for things in the play area that can trip your child, like tree stumps or rocks.
- Stay smart around the house by following tips on fire prevention, microwave use, and living with pets.
- Help working teens learn about safety and health on the job.

Source: <https://www.cdc.gov/healthequity/features/kidsafety/index.html>

BE SUN SMART



TIPS TO KEEP FOOD SAFE THIS SUMMER

Summer promises sunshine, heat and carefree gatherings with families and friends. It also coincides with an increase in food poisoning as warmer temperatures cause foodborne germs to thrive. When shopping for groceries or eating outside, make sure to refrigerate perishable food within one (1) hour if it's 90 Degrees Fahrenheit or warmer. Read tips on keeping food safe this summer, whether you are grilling, planning a party or attending a fair or festival.

- If you are preparing food in advance for a family reunion, a graduation party or other event, divide cooked food into shallow containers and store in the refrigerator or freezer to cool it rapidly.
- When grilling, throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a clean plate to remove cooked meat from the grill.
- At fairs, festivals, carnivals and rodeos, follow these tips to have a safe cooking, eating and drinking experience. Before buying food, be sure the vendor has a license to sell food and that employees wear gloves and use tongs when serving food. Bring hand sanitizers or disposable wipes in case there aren't any places to wash your hands.
- Don't eat raw oysters. They can contain harmful bacteria that can make you very sick, even if they look, smell, and taste like any other oyster.



Did You Know?



You Can Use Blue Cross Blue Shield

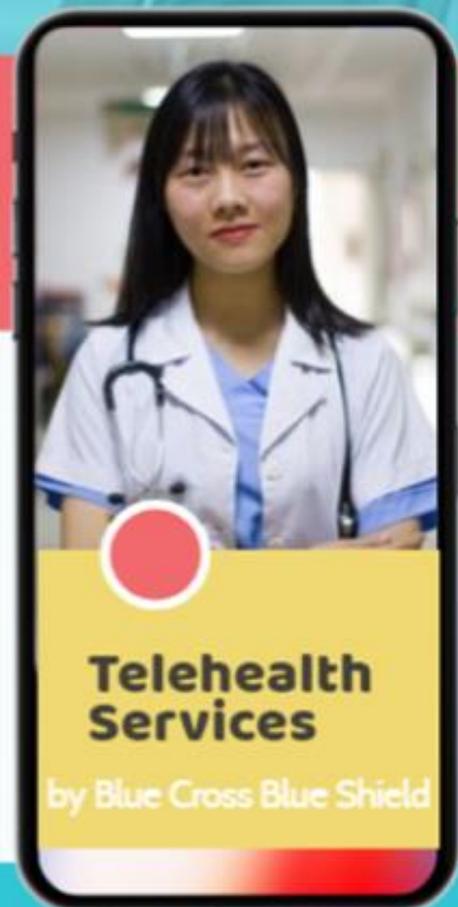
Telehealth Services

A Virtual Visit for Your Health Issues

SERVICES

Telemedicine: Allows health care professionals to evaluate, diagnose and treat patients in remote locations using telecommunications in real time to deliver health care services.

Telemedicine services will be covered a same benefit level as corresponding in-office visits and is available through December 31, 2021.



For Telehealth Services please call

1-800-521-2227



SURVIVING THE HOT WEATHER

The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death.

People most at risk include:

- Infants and young children, especially if left in hot cars
- People 65 and older
- People who are ill, have chronic health conditions or are on certain medications
- People who are overweight

Heat Exhaustion

When the body loses excessive water and salt, usually due to sweating, heat exhaustion can occur.

Signs and symptoms:

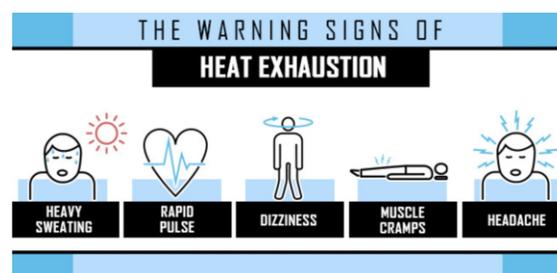
- Sweating
- Pale, ashen or moist skin
- Muscle cramps (especially for those working or exercising outdoors in high temperatures)
- Fatigue, weakness or exhaustion
- Headache, dizziness or fainting
- Nausea or vomiting
- Rapid heart rate

Uncontrolled heat exhaustion can evolve into heat stroke. Signs include:

- Body temperature above 103 degrees
- Skin that is flushed, dry and hot to the touch; sweating has usually stopped
- Rapid breathing
- Headache, dizziness, confusion or other signs of altered mental status
- Irrational or belligerent behavior
- Convulsions or unresponsiveness

If your job requires you to work outside in hot weather, you and your supervisors can take precautions to minimize the risk of heat-related illnesses.

- Staying hydrated and drinking before you get thirsty
- Watch out for co-workers exhibiting signs of heat exhaustion or heat stroke
- Take time to rest and cool down



Source: <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/heat>

Last Month's Events:

June 17, 2021

Kickball Tournament Champions
Police Department - "Balls of Furry"



Upcoming Events:

Summer Safety Awareness Seminar
Thursday, July 8, 2021, at 2:30 p.m.

Nationwide Educational Webinars:
"Cyber Security"
Thursday, July 1, 2021, at 1:00 p.m.

"Dear Future Self"
Tuesday, July 6, 2021, at 10:00 a.m.

"Basics of Personal Finance"
Wednesday, July 14, 2021, at 11:00 a.m.

"Women and Retirement"
Thursday, July 22, 2021, at 1:00 p.m.

"Small Steps Make a Big Difference"
Tuesday, July 27, 2021, at 10:00 a.m.

Deer Oaks Stress Management Webinar Series
Monday, July 12, 2021, at 1:00 p.m.

Motivational Training
Tuesday, July 27, 2021 - Employees
Wednesday, July 28, 2021 - Employees
Thursday, July 29, 2021 - Directors/Supervisors

SOFA Seminar
"Issues of Aging Parents"
Thursday, July 29, 2021, at 2:30 p.m.

Let's Get Moving!

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!