

Health and Wellness Tip of the Week - Week 24

Monthly Topic

June is *Summer Safety Month*. It's the perfect time to remind employees about the importance of having a fun, safe summer.

June 15, 2015

Red Alert: Know The Facts About Sunburn

Slathering on sunscreen before you go outdoors is always a good idea. But using sunscreen alone may not be enough to shield you from the sun's harmful ultraviolet radiation (UV). Lack of sun safety puts you at risk for skin cancer, the nation's most common form of cancer. Always wear plenty of sunscreen before heading outside.

Then add these steps in your sun-safety plan:

- Don't burn.
- Wear sun-shielding clothing.
- Stay in the shade.
- Don't tan or use tanning beds.
- Watch for extra sun glare from sand and water.
- Get vitamin D from safe sources like milk, cheese and yogurt.
- Know the UV index.
- Reapply sunscreen every two to three hours when outdoors for an extended time.

Source: U.S. Environmental Protection Agency



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