

# Health & Wellness Tip of the Week

# Week 22 May 28, 2018

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



BlueCross BlueShield  
of Texas

Take wellness to heart

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## School's Out! Help Kids Be Sun Smart

Just because school is out for summer doesn't have to mean sunburned little ones are sure to follow. A few bad sunburns can raise a child's chance of getting skin cancer later in life, and any change in skin color after time outside signals harm from UV rays. A fun way for kids to learn to protect themselves is to Slip, Slap and Slop before they go out into the sun:

- Slip on a long – sleeved shirt, long pants and shirts made from tightly woven fabric to keep out the UV rays.
- Slap on a hat and sunglasses too. Hats should shade the face, scalp, ears and neck (baseball caps don't cover all the bases). Sunglasses should wrap around and block both UVA and UVB rays to stop cataracts from forming later in life.
- Slop on the sunscreen EACH time your child goes outside. Choose one with at least SPF 15 and both UVA and UVB protection. Put on generously 30 minutes before going outdoors.

*Source: Centers for Disease Control and Prevention*

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