

# PENNINGTON & RED LAKE COUNTIES WELLNESS COALITION NEWSLETTER July 2015



## Protect All the Skin You're In

Skin cancer is the most common cancer in the United States, yet most skin cancers can be prevented.

Every year, there are 63,000 new cases of and 9,000 deaths from melanoma—the deadliest form of skin cancer.

Ultraviolet (UV) exposure is the most common cause of skin cancer. A new CDC study shows that the majority of Americans are not using sunscreen regularly to protect themselves from the sun's harmful UV rays.

In fact, fewer than 15% of men and fewer than 30% of women reported using sunscreen regularly on their face and other exposed skin when outside for more than 1 hour.

Many women report they regularly use sunscreen on their faces but not on other exposed skin.

### Choose sun protection strategies that work.

Use broad spectrum sunscreen with SPF 15+ to protect any exposed skin.

Seek shade, especially during midday hours.

Wear a hat, sunglasses and other clothes to protect skin.

Sunscreen works best when used with shade or clothes, and it must be re-applied every two hours and after swimming, sweating, and toweling off.

FOR MORE INFORMATION, VISIT CDC'S SUN SAFETY WEBSITE.

### Is a Suntan Healthy?

There is no such thing as a healthy suntan. Any change in your natural skin color is a sign of skin damage. Every time your skin color changes after sun exposure, your risk of developing sun-related ailments increases.

### Will Sun Protection Deprive Me of Vitamin D?

Most people get an adequate amount of vitamin D in their diets. If you are concerned about not getting enough vitamin D, consult your physician and consider taking a multivitamin supplement and consuming foods and beverages fortified with vitamin D daily.

EPA: [Sunscreen: The Burning Facts\[PDF-343KB\]](#)

## What Can Be Done to Address Melanoma?

Communities and policymakers can

- Increase shade at playgrounds, public pools, and other public places
- Promote sun protection in recreation areas, including the use or purchase of hats, sunscreen, and sunglasses
- Encourage employers, childcare centers, schools, and colleges to educate employees and students about sun safety and skin protection

Source: [www.cdc.gov/cancer](http://www.cdc.gov/cancer)

## USE BY MINORS PROHIBITED

According to Minnesota statute 325H.085, it is unlawful for a tanning facility or operator to allow a person under age 18 to use any tanning equipment.

## Feelin' Fit 'N Fine & Walk Around Quin

Encourage your kids to be healthy by doing the healthy behaviors in "Feelin' Fit 'N Fine" from Quin Community Health Services, then turn in the score card for a prize! Pick up a card from Inter-County Nursing Service in either Pennington or Red Lake Counties or print one on our website:

[www.intercountynursingservice.com](http://www.intercountynursingservice.com)

Your child will have fun and get prizes while learning healthy behaviors!

"Walk Around Quin", an activity for all ages, to encourage walking the distance around the 5 counties Quin CHS serves, started June 15.

Pick up or print a

scorecard for this too, complete it and receive a prize! There will be Grand Prize Drawings for both when the activities end.



# NICOTINE

## MORE HARMFUL THAN YOU THINK



It can be deadly in high doses.



It harms fetal health during pregnancy.



It may harm adolescent brain development.

Learn more at [health.mn.gov/nicotine](http://health.mn.gov/nicotine).

### Tweets from our Teens

Twitter address: @RedPennWellness

### Parenting Tips

#### Baby Sunburn Prevention

A baby's skin is more delicate and thinner than an adult's and burns and irritates more easily. Even dark-skinned babies may be sunburned.

#### Prevention Tips

- Babies younger than 6 months should be kept out of direct and indirect sunlight because of the risk of heat stroke. Particularly, avoid having a baby out between 10 a.m and 2 p.m. when the sun's rays are strongest
- Keep babies in the shade as much as possible.
- Dress babies in lightweight cotton clothing with long sleeves and long pants and a sun hat with a wide brim.
- Sunscreen may be applied to babies younger than 6 months to small areas of skin uncovered by clothing and hats.
- Remember to cover all exposed areas of a baby's skin, including the face, back of the hands, back of the neck, tips of the ears, and tops of the feet.
- Apply the protection 15 to 30 minutes before going out. Keep in mind that no sunscreens are truly waterproof, so reapply every one and a half to two hours. Read instructions on the bottle.

#### How to Soothe Mild Sunburn

- Give your child water or 100% fruit juice to replace lost fluids.
- Use cool water to help the child's skin feel better
- Only use medicated lotions if your child's doctor says it is OK.
- Keep your child out of the sun until the sunburn is fully healed.

#### When to Call the Doctor

- If your baby is younger than 1 year and gets sunburn, call your baby's doctor right away.
- For older children, call your child's doctor if there is blistering, pain, or fever.

Source: [www.healthychildren.org](http://www.healthychildren.org)

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