

# PENNINGTON & RED LAKE COUNTIES WELLNESS NEWSLETTER

July 2021



Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells. Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m.

## How to Protect Your Skin From the Sun

**Shade-** You can reduce your risk of sun damage and skin cancer by staying in the shade. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

**Clothing-** Wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing is certified under international standards as offering UV protection.

**Hat-** Wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

**Sunglasses-** 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.

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Sunglasses that block both UVA and UVB rays offer the best protection.

**Sunscreen-** Put on broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Don't forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back. Sunscreen works best when combined with other options.

- Sunscreen is not recommended for babies who are 6 months old or younger. The U.S. Food and Drug Administration recommends keeping infants out of the sun during midday and using protective clothing if they have to be in the sun.
- Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.
- Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.

[https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)

## National Grilling Month

### How to Grill Safely

An infographic titled 'Get Ready to Grill Safely' from the CDC. It features a woman in a blue apron and orange shirt standing next to a red grill. The background is red with various food items and grilling tools. The text 'Separate' is written in large orange letters, followed by the instruction: 'When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.' The CDC logo is in the bottom left, and the website 'www.cdc.gov/foodsafety' is in the bottom right. A small vertical code 'CS372890-E' is on the left side.

**Get Ready to Grill Safely**

**Separate**  
When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.

www.cdc.gov/foodsafety

**Chill-** Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep 40°F or below in an insulated cooler.

**Clean-** Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after use.

**Check Your Grill and Tools-** Use a moist cloth or paper towel to clean the grill surface before cooking. If you use a wire bristle brush, thoroughly inspect the grill's surface before cooking. Wire bristles from grill cleaning brushes may dislodge and stick into food on the grill.

**Don't Cross-contaminate-** 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 for meat removed from the grill.

**Cook-** Use a [food thermometer](#) to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperatures inside the smoker at 225°F to 300°F to keep meat a safe temperature while it cooks.

#### When Grilling

- 145°F—whole cuts of beef, pork, lamb, and veal (stand-time of 3 minutes at this temperature)
- 145°F—fish
- 160°F—hamburgers and other ground beef
- 165°F—all poultry and pre-cooked meats, like hot dogs

#### After Grilling

- 140°F or warmer—until it's served

**Refrigerate-** Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within 2 hours of cooking (1 hour if above 90°F outside).

<https://www.cdc.gov/foodsafety/communication/bbq-iq.html>

### Stress May Turn Hair Gray, but Calm May Reverse It

Now, researchers say they can measure what is happening when hair grays, and provide early evidence that it can sometimes be reversed. Hair color is lost, and strands turn gray as melanin, a pigment found in the skin, eyes, and hair declines. Before hairs emerge from the scalp, they grow under the skin in follicles that receive chemical and electrical signals, including stress hormones, from the body. Once they emerge, hairs harden, and their

molecular structure is preserved and reflected in their pigmentation.

Using high-resolution scanners, scientists can detect small color changes in single strands of human hair. Researchers measured color loss in single strands of human hair from 14 volunteers who kept diaries to document the weekly levels of stress they experienced. The results were striking: As the volunteers experienced more stress, their hair lost pigment. But as the stress eased, their hair regained color, says Martin Picard, PhD, associate professor of behavioral medicine at Columbia University Vagelos College of Physicians and Surgeons in New York City, who led the research.

[https://www.medscape.com/viewarticle/954379?src=WL\\_mdpls\\_210709\\_mscpedit\\_nurs&uac=118550DK&spon=24&implID=3495341&faf=1](https://www.medscape.com/viewarticle/954379?src=WL_mdpls_210709_mscpedit_nurs&uac=118550DK&spon=24&implID=3495341&faf=1)

### Parenting Tips

**What is Human trafficking?** Human trafficking involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act. It can happen in any community and victims can be any age, race, gender, or nationality. Traffickers might use violence, manipulation, or false promises of well-paying jobs or romantic relationships to lure victims into trafficking situations.

The United States follows the widely used "3P" paradigm: prosecution, protection, and prevention, to combat human trafficking.

#### Safety Tips

Be aware of your surroundings. Put your phone down. Go in groups. Be mindful of people or being followed. Approach business employees to tell your concerns even if it turns out to be a false alarm. Look out for one another. The Department of Homeland Security has good advice and tips.

<https://www.dhs.gov/blue-campaign/what-human-trafficking>



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