June Issue Includes

- Sun Safety Week (June 1-7)
- National Men’s Health Week (June 15-21)
- National Safety Month
- Home Safety Month
- Fireworks Safety Month

National Men’s Health Week
Early detection of many health problems can be found through a simple visit with a physician. Early detection can often mean more successful treatment of health concerns. Have you seen your physician lately for an annual exam and other preventive tests and immunizations?

Every man should have his blood pressure and cholesterol checked regularly and certain men need additional exams or immunizations based on their age and health history. Maintaining a healthy lifestyle (not smoking, eating nutritiously, maintaining a healthy weight, exercising regularly, managing stress, etc.) also plays a vital role in maintaining health.

For a schedule of recommended exams as well as other information specific to Men’s Health tips, visit StayWell Online at https://uclivingwell.online.staywell.com.

National Safety Month
June is National Safety Month as well as Home Safety Month and Fireworks Safety Month. Some simple tips to keep your family safe this month and all year long are:

- Start by making sure your family wears a sunscreen of SPF 15 or higher every day, as well as hats, sunglasses, long sleeves and pants when long exposure to sun is unavoidable.
- Keep a reminder each month on your calendar to check your smoke detector batteries and remind family members of exit strategies in case of a home fire. Teach each member how to handle a fire extinguisher and keep it in an easily accessible area. Practice a fire drill at least 2 times each year.
- With summer come fireworks. Children should never handle fireworks alone, and teaching them the importance of handling them safely is the responsibility of all adults.

Monthly WellTips

June is National Safety Month

Sun Safety
Overexposure to the sun can result in skin cancer. The Sun Safety Alliance (SSA) encourages you to follow these sun-safety tips year-round to help prevent serious skin damage—and possibly skin cancer—later! Keep in mind the sun is strongest between 10 am and 4 pm.

• Wear a wide-brimmed hat and sunglasses.
• Remember that UV rays bounce off sand, snow, concrete and water.
• Do not use sun tanning beds.
• Keep young children (6 months or less) out of the sun. Children should always wear an SPF of 30 or higher.
• Apply a sunscreen with a SPF of 15 or higher whenever you're outdoors. To achieve adequate UV protection you should use products that provide broad spectrum protection, which means protection against both UVB and UVA rays. For broad spectrum protection, look for products that provide an SPF of at least 15 and contain ingredients like Avobenzone (Parsol 1789) or zinc oxide.
• Apply sunscreen before going outdoors and reapply often, including neck, ears and lips and scalp.
• Reapply sunscreen after swimming, perspiring and toweling off.

Fireworks Safety
According to the National Council on Fireworks Safety, the following rules should be followed when using fireworks:

• Use fireworks outside only.
• Always have water handy (hose or bucket of water).
• Don’t try to alter fireworks or combine them.
• Never, re-light a “dud.” Wait 20 minutes and soak it in a bucket of water.
• Keep spectators a safe distance away. The shooter should wear safety glass and back away quickly after igniting the fuse.
• Only children over 12 and adults should be allowed to handle sparklers of any type.
• Do not use homemade or illegal explosives.

Home Safety
There are many areas of the home that should be checked for hazards. For a complete list of all areas of the house, log on to the Home Safety Council Web site listed below. You will find out how to prepare for everything from how often to check smoke detector batteries to what poisons to keep locked up in the bathroom and garage and much more.

Safety Resources:
The National Council on Fireworks Safety
www.fireworksafety.gov

Home Safety Council
www.homesafetycouncil.org

The Sun Safety Alliance
www.sunsafetyalliance.org