

HealthyBy Choice

...One Day at a Time

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Have a Safe and Happy July 4th!

Summer is synonymous with barbecues, parades and fireworks. The National Safety Council advises everyone to enjoy fireworks at public displays conducted by professionals, and not to use any fireworks at home. **They may be legal but they are not safe.**

In 2019, 7,300 individuals were hurt badly enough to require medical treatment after fireworks-related incidents. There were 12 fireworks-related deaths. Additionally, fireworks start an average of 18,500 fires each year, including 1,300 structure fires, 300 vehicle fires and nearly 17,000 other fires.

If You Choose to Use Legal Fireworks

If consumer fireworks are legal to buy where you live and you choose to use them, be sure to follow these safety tips:

- * *Never allow young children to handle fireworks*
- * *Older children should use them only under close adult supervision*
- * *Never use fireworks while impaired by drugs or alcohol*
- * *Anyone using fireworks or standing nearby should wear protective eyewear*
- * *Never hold lighted fireworks in your hands*
- * *Never light them indoors*
- * *Only use them away from people, houses and flammable material*
- * *Never point or throw fireworks at another person*
- * *Only light one device at a time and maintain a safe distance after lighting*
- * *Never ignite devices in a container*
- * *Do not try to re-light or handle malfunctioning fireworks*
- * *Soak both spent and unused fireworks in water for a few hours before discarding*
- * *Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire*
- * *Never use illegal fireworks*

Better yet, grab a blanket and a patch of lawn, kick back and let the experts handle the fireworks show.



Sparklers Are Dangerous

Every year, young children can be found along parade routes and at festivals with sparklers in hand, but sparklers are a lot more dangerous than most people think.

Sparklers burn at about 2,000 degrees – hot enough to melt some metals. Sparklers can quickly ignite clothing, and children have received severe burns from dropping sparklers on their feet. According to the National Fire Protection Association, sparklers alone account for more than 25% of emergency room visits for fireworks injuries. For children under 5 years of age, sparklers accounted for nearly half of the total estimated injuries.

Consider using safer alternatives, such as glow sticks, confetti poppers or colored streamers.



Fun Summer...Safe Summer!



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July is UV Safety Month

Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun.

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. 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.

Follow these recommendations to help protect yourself and your family.

Shade

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. 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

When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. 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 certified under international standards comes with information on its ultraviolet protection factor.

Hat

For the most protection, wear a hat with 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.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas.

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. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Sunscreen

Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.



Stay Sun Aware!!

