

Healthy You

SUMMER 2018

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Protect Your Skin from Sun Damage

It is important to protect your skin from the sun at all times. A sunburn can happen anytime you are outside: at the playground, the basketball court, even taking a walk. That doesn't mean you need to stay inside, you just need to prepare to be in the sun. It only takes a few serious sunburns to risk getting skin cancer.

Skin cancer is an odd growth of skin cells. It most often develops on areas of the skin exposed to the sun. Skin cancer affects people of all colors.

Skin that is not covered can burn in 15 minutes. If skin starts to look pink, move into the shade. It is the rays of the sun that cause the damage, not the temperature. This means that you can still get a burn on a cloudy and cool day.

“Using sunscreen is very important,” says Dr. Grace Medeiros, Neighborhood’s Associate Medical Director. “To ensure maximum sun protection, apply sunscreen 30 minutes before going outside. Use a sunscreen with a high number SPF, the higher the number, the better the protection. Be sure to reapply every 2 hours, and after being in water or sweating.”

So what if you still get a sunburn? Be gentle with your skin. Drink plenty of water. Consider keeping aloe lotion in the refrigerator and applying it on the sunburn. For really bad burns with symptoms like fainting, call 911.

DID YOU KNOW:
SPF means Sunburn Protection Factor



Be a Summer Reader

Reading during summer break is important for students. It keeps the skills learned during the school year fresh. The Office of Library and Information Services has programs planned from June through August that will keep you visiting the library all season long!

Libraries Rock! is a summer reading program. There is one for children and one for teenagers. By signing up, readers may earn coupons for admission to Rhode Island attractions. Ask for details at the children's or teen services departments.

Children's Summer Reading Program:

Earn prizes for reading books and enjoy special events. Musicians, dancers, and more are all on the schedule.

Teen Summer Reading Program:

Attend workshops like cartooning, acting, dance, and more.

To learn more about summer reading programs visit your local library. You may also visit www.olis.ri.gov and search: Reading Programs.

Shop Fresh for Health and Value

Ever eat a watermelon in January? Chances are it was costly and not so tasty. This is because it was likely shipped from far away. In Rhode Island, watermelons are picked during the summer. That is when they are fresh. It is also when there are a lot available and they cost less.

To find out what produce is in-season visit FarmFreshRI.org. Click "Local Food Guide" at the top-right of the screen.





Ways to Keep Kids Cool

People look forward to summer weather all year but there are times when it gets too hot.

For babies and children up to age 4, high heat can lead to getting sick. Even healthy people can get sick from the heat. The best thing to do is to take steps to keep cool.

When going out

- › Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- › Dress infants and children in loose, lightweight, light-colored clothing.
- › Schedule outdoor activities for morning or evening hours.
- › Seek medical care right away if your child has symptoms of heat-related illness.
- › If possible, visit a cooling center: places like libraries and even large stores.

When staying in

- › Stay cool by taking a cool shower or bath.
- › Close blinds and curtains to keep rooms from getting too hot from the sun.
- › Try putting a bowl of ice at an angle in front of a fan to act as an air conditioner.
- › Spray skin with water and cool off with a fan.
- › Freeze water in plastic bottles and bring to bed wrapped in a towel.

A list of cooling centers in Rhode Island can be found at www.ri.gov by typing “Cooling Centers” in the search box.

Heat Stroke is Serious

A normal body temperature for most people is 98.6°F. Spending time in the heat can raise that number to 103°F or higher. If your body reaches that temperature, it is a medical emergency. Call 911 and report heat stroke.

When someone is having heat stroke, sometimes called sun stroke, their skin can be hot and red, or maybe damp. The person might feel dizzy and confused. There can be nausea and a headache.

The first thing to do is to call 911. Move the person to a cooler place. Help lower the person's temperature with cool cloths or a cool bath. Do not give the person anything to drink.



Take a Close Look at Your Skin

Years of sun tanning may lead to **wrinkles, dryness, age spots, and even cancer.** Anyone, of any skin color, can get skin cancer. Skin cancer may be cured if it is found before it spreads to other parts of the body. **Check your skin often. If you find any changes, see your doctor.**

It is never too late to start taking care of your skin.

- Limit your time in the sun.
- Always use sunscreen.
- Wear clothing that covers your skin, and avoid tanning.

Neighborhood Health Plan of Rhode Island complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Spanish: ATENCIÓN: Si habla Español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-401-459-6009 (TTY 711).

Portuguese: ATENÇÃO: Se fala português, encontramos serviços linguísticos, grátis. Ligue para 1-401-459-6009 (TTY 711).

Snack Smarter

You may have heard that eating between meals is not good for you. That is not always true. Snacks are fine as long as they are healthy. You want to stay away from foods and drinks like soda and cookies. These items have a lot of calories but they do not do much to help keep you healthy.

Instead of:

- › Cookies
- › Soda
- › Chips
- › Candy Bar

Try this:

- › Washed grapes or berries
- › Water with sliced lemon
- › A handful of nuts and raisins
- › Granola bar

More tips to try:

- › Do not eat from the bag. Put one serving in a bowl and then put the bag away.
- › Try fruits and vegetables that are new to you!
- › A hard-boiled egg makes a satisfying snack.
- › Mix nuts or raisins with low-fat yogurt.

Stop & Shop Gift Card Raffle

Enter for a chance to win a \$25 gift card to Stop & Shop by Friday, August 10.

Visit:

www.nhpri.org/newsletteraffle and fill out the form to enter.

One winner will be randomly selected from all entries.



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For more health tips and resources, visit www.nhpri.org/CurrentMembers/YourHealth or call Neighborhood Member Services at 1-800-459-6019 (TDD/TTY 711).

#2642, Approved 6/4/18