



Pennington & Red Lake Counties Wellness Newsletter

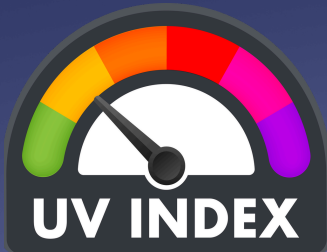
July 2024

UV Safety Month & Skin Cancer

July is known as Ultraviolet Safety Month. During this time, the mission is to spread awareness about how important it is to protect our eyes and skin from the side effects of UV rays.



Skin cancer, also known as melanoma, develops due to exposure to natural or artificial ultraviolet rays. It is a common misconception that only older adults experience melanoma. Skin cancer affects all age groups and is one of the most common cancers in young adults. Here are 6 tips to reduce your risk!



This month continues to be a reminder on the connection between over exposure to UV light and cancers that occur in the eyes, lips, and the skin.

Avoid peak hours of sun between 10 am and 4 pm by seeking shade or staying indoors.



Wear a hat to protect your face and head from the sun.

Lengthened exposure to UV rays that can come from natural or artificial sources can cause most skin cancers, including melanoma, basal cell, and squamous cell cancers.



Try some sunglasses to protect your eyes from dangerous ultraviolet rays.



Use one ounce of SPF 30 or higher broad spectrum sunscreen to protect from the sun's dangerous rays. Reapply every 2 hours.



Avoid tanning and burning. Stay away from indoor tanning beds.



People who are exposed to more ultraviolet rays can go through premature aging of the skin and signs of sun damage that include leathery skin, liver spots, and wrinkles.



Cover your legs and arms by wearing protective clothing in the sun.



Parenting Tips on Summer Family Activities

Whether you work from home, are a stay-at-home parent, or work outside of the house, you need a go-to list of practical summer activities for your kids to keep them busy, and learning, during the dog days of summer. Otherwise, you run the risk of them getting too much screen time, which is not good for their mental or physical health.

Save this list of activities for a fun time for the whole family!

PICK YOUR OWN FRUITS & VEGGIES



Find a farm with blueberries, strawberries, raspberries, veggies, or flowers and get picking.

PLAY WATER BALLOON BASEBALL



Use a plastic bat, a bucket of water balloons, and old towels as bases and you are all set. Play the traditional way or create some water balloon games of your own.

GO TO A CARNIVAL OR COUNTY FAIR



Not only should you enjoy the rides and entertainment, but you also should eat a sugary treat at least once this summer.

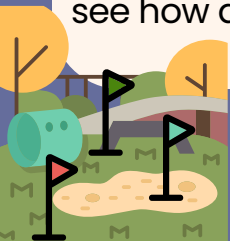


ATTEND A BASEBALL GAME

Minor-league baseball parks are super family-friendly, and there's always a fun giveaway or chance to win a prize.

BUILD A BACKYARD OBSTACLE COURSE

Pretend to be America Ninja Warriors and see how quickly you can each get through the course.



BUILD A FORT



Put pillows in the living room or cardboard boxes in the yard to create a hideaway of your child's dreams.

MAKE A TIME CAPSULE



Have everyone write something they are grateful for and add a special item in the time capsule. Store it away until a designated date.

PACK A PICNIC



Plop down to eat your picnic just about anywhere such as a free concert, at a playground, or in a state park.

DO SIDEWALK CHALK



Decorate your walkways with chalk using regular sidewalk chalk or make your own using cornstarch, water, and food coloring.

GO TO A FLEA MARKET OR GARAGE SALE



Explore local communities and discover if the kids are better negotiators than you!

