



# Pennington & Red Lake Counties Wellness Newsletter

## June 2024

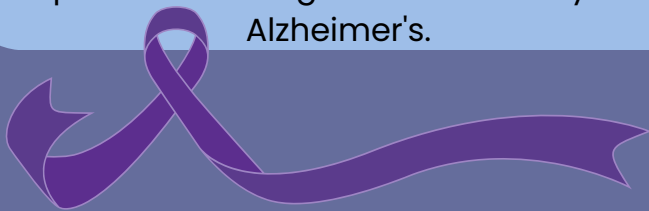
### Alzheimer's and Brain Awareness Month



Go purple this June! Why? Because June is Alzheimer's and Brain Health Awareness Month and purple is the official color of the Alzheimer's movement.



June is an opportunity to hold a conversation about the brain, and share the fact that Alzheimer's disease and other dementias are a major public health issue. Alzheimer's is the only leading cause of death that cannot be prevented, cured or even slowed. More than **6 million** Americans are living with Alzheimer's, which kills more people each year than breast cancer and prostate cancer combined. In addition, approximately 200,000 cases are people under the age of 65 with early onset Alzheimer's.



Join the fight to end Alzheimer's: consider wearing purple, sharing stories and memories of those we've lost to the disease, and educating yourself, your friends and your family on cognitive health.

<https://www.umassp.edu/deia/events-and-news/diversity-calendar/alzheimers-and-brain-awareness-month>

### Summer Safety



What's your plan for this summer? Enjoying the water? Going camping? Firing up the grill? Whatever you prefer, we have safety steps to follow!



It is encouraged for families to build confidence in the water by learning to be safe, making good choices, learning to swim and how to handle emergencies. Take classes to learn how to swim, always swim in a lifeguard area, & stay alert.



If a camping trip is in your plans, know the level of ability of the people in your group and the environment around you. Plan accordingly. Make sure to pack a first aid kit, drink water to avoid dehydration, share plans & locations with loved ones, and bring nutritious food.

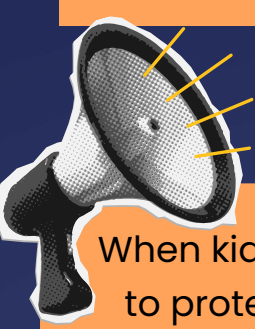


Grills spark more than 10,000 home fires on average each year. To avoid this follow these grilling safety tips. Always supervise a grill when in use, never grill indoors, keep the grill out in the open, use the long-handled tools, and do not leave perishable food out in the sun.

Don't let mosquitoes and ticks ruin your summer fun. As we spend more time outdoors for activities there is a greater chance of getting bitten by mosquitoes and ticks. Be sure to wear insect repellent, try to stay indoors at dusk and dawn, wear long shirts, pants, and socks, avoid underbrush and tall grass, and check regularly for ticks.



<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/summer-safety.html>



# Parenting Tips on Sun Safety

When kids are outdoors, it's important to protect their skin from too much exposure to the sun's ultraviolet rays (UV rays), which can lead to skin cancer, skin damage and aging, and eye injury.



## PROTECTING YOUR CHILD'S SKIN

**Use sunscreen!** experts recommend that all kids wear broad-spectrum sunscreen with an SPF of 30 or higher. If near water, use a water-resistant sunscreen. Apply a generous amount and re-apply often.

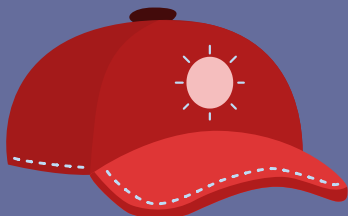


**Avoid the Strongest Rays of the Day!** Try to stay in the shade when the sun is at its strongest (usually from 10 a.m. to 4 p.m. in the northern hemisphere). If kids are in the sun during this time, apply and reapply sunscreen – even if they're just playing in the backyard. Most sun damage happens during day-to-day activities because it's easy to overlook using sunscreen then.

**Cover up!** One of the best ways to protect skin is to cover up. To see if they offer enough protection, put your hand inside clothes to make sure you can't see it through them. Some clothes have an ultraviolet protection factor (UPF) against the sun, so check the labels.

## HOW DO SUNBURNS HAPPEN?

UV rays react with a chemical called melanin in the skin. The lighter a child's natural skin color, the less melanin it has to absorb UV rays and protect itself. Kids with darker skin have more melanin. But regardless of their skin tone, all kids need protection from UV rays because any tanning or burning causes skin damage. A sunburn happens when the amount of UV exposure is greater than the protection of the skin's melanin. The longer someone stays in the sun and the stronger the sunlight is, the greater the risk of damage. A tan is itself a sign of skin damage and does not help protect the skin.



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