

## Louisa County Public Health July Newsletter 2024

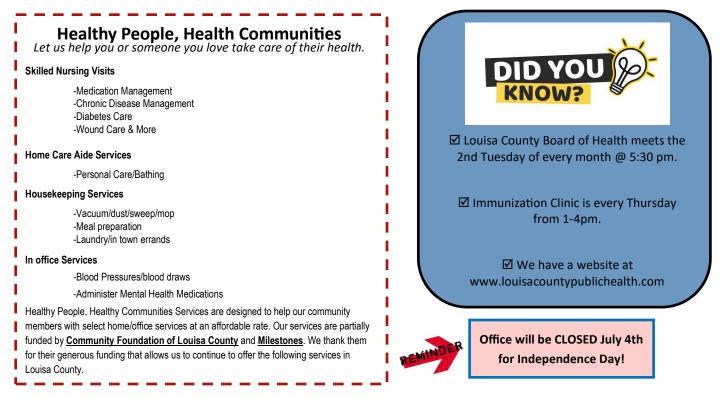
## Protect yourself from the sun!

Some people think about sun protection only when they spend a day at the lake, beach, or pool. But sun exposure adds up day after day, and it happens every time you are in the sun. Even though sunlight is the main source of UV rays, you don't have to avoid the sun completely. And it would be unwise to stay inside if it would keep you from being active, because physical activity is important for good health. But getting too much sun can be harmful. There are some simple steps you can take to limit your exposure to UV rays.

Simply **staying in the shade** is one of the best ways to limit your UV exposure. If you are going to be in the sun, "Slip! Slop! Slap!<sup>®</sup> and Wrap" is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

- Slíp on a shirt.
- Slop on sunscreen.
- Slap on a hat.
- **Wrap on sunglasses** to protect the eyes and skin around them.

For more information visit: https://www.cancer.org/cancer/risk-prevention/sun-and-uv/uv-protection.html





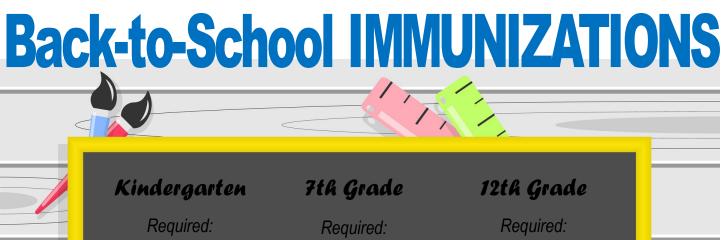
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## Fireworks Safety Tips

\*Never allow children to play with or ignite fireworks, including sparklers.
\*Use fireworks OUTDOORS only.
\*Keep a bucket of water or a garden hose handy in case of fire.
\*Light fireworks one at a time, then move back quickly.
\*Do not throw or hold fireworks in your hand.
\*Never try to re-light or pick up fireworks that have not ignited fully.
\*Never use fireworks while impaired by alcohol or drugs.
\*For more information on FIREWORKS SAFETY visit: cpsc.gov/fireworks



 Required:
 Required:
 Required:
 Required:

 Dtap
 Tdap
 Meningococcal

 Polio
 Meningococcal
 Recommended:

 MMR
 Recommended:
 Meningococcal B

 Varicella
 Back to School