



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!® and Wrap" is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

- **Slip** 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>

Healthy People, Health Communities

Let us help you or someone you love take care of their health.

Skilled Nursing Visits

- Medication Management
- Chronic Disease Management
- Diabetes Care
- Wound Care & More

Home Care Aide Services

- Personal Care/Bathing

Housekeeping Services

- Vacuum/dust/sweep/mop
- Meal preparation
- Laundry/in town errands

In office Services

- Blood Pressures/blood draws
- Administer Mental Health Medications

Healthy People, Healthy Communities Services are designed to help our community members with select home/office services at an affordable rate. Our services are partially funded by **Community Foundation of Louisa County** and **Milestones**. We thank them for their generous funding that allows us to continue to offer the following services in Louisa County.

**DID YOU
KNOW?**



Louisa County Board of Health meets the 2nd Tuesday of every month @ 5:30 pm.

Immunization Clinic is every Thursday from 1-4pm.

We have a website at www.louisacountypublichealth.com



**Office will be CLOSED July 4th
for Independence Day!**



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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

HAVE A SAFE AND HAPPY 4TH OF JULY!!

Back-to-School IMMUNIZATIONS

Kindergarten

Required:

Dtap

Polio

MMR

Varicella

7th Grade

Required:

Tdap

Meningococcal

Recommended:

HPV

12th Grade

Required:

Meningococcal

Recommended:

Meningococcal B

Back to School