



ChallengeME MONTHLY MINUTE



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Monthly topic:

Sun & Heat

IT'S GETTING HOT IN HERE

It's that time of year again when the sun is regularly shining and things are starting to heat up. It's nice to get outdoors and enjoy the sun, but overexposure to high temperatures and humidity can quickly lead to heat exhaustion and land you in the emergency room. Pay close attention to the following warning signs and take immediate action if you or someone around you is exhibiting these symptoms.

Heat Cramps

Symptoms: feels like a severe muscle pull, forceful and painful, normal mental status

Treatment: water, cool air, rest

Heat Exhaustion

Symptoms: headache, nausea, fatigue, dizziness, sweating, pale cool skin, usually conscious, may faint

Treatment: shady place or AC, increase fluids, cold wet towels, fan, may require IV fluids

Heat Stroke (Emergency!)

Symptoms: headache, flushed, dry or warm skin, rapid pulse, incoherent speech, disoriented, aggressive, possibly unconscious

Treatment: immediate action, shady place or AC, remove or loosen clothes, apply cool, wet towels, fan to increase air flow, transport to ER

Practice these habits to stay safe in the heat:

Stay hydrated by drinking plenty of water. Wear loose, lightweight clothing. Avoid caffeine and alcohol. Take breaks in cool, shady locations.

The Scoop on Sunscreen

Sunscreen alone does not prevent skin cancer, but when used in combination with a broad-brimmed hat and loose, tightly woven cotton clothing with long sleeves, it can be much more effective.

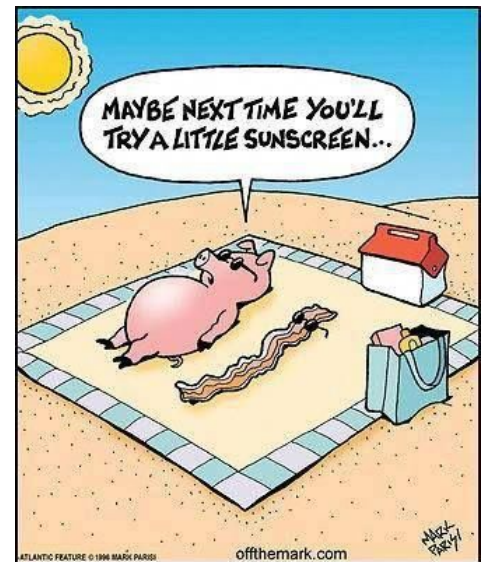
Sunlight is made up of UVA and UVB rays. UVA rays remain constant throughout the day and penetrate deep into your skin, damaging your cells and causing signs of aging and discoloration. UVB radiation levels change throughout the day and are highest between 10AM and 2PM. UVB rays result in sun burns.

To shield your cells from UVA rays, try products like a mineral sunscreen that contains zinc oxide and avobenzone. Sunscreens with adequate SPF (30+) will help to protect you from UVB radiation.

Most of us use far too little sunscreen to adequately protect our skin. A good rule to follow is to apply at least one ounce of sunscreen (about one shot glass worth) to your entire body and a nickels worth on your face.

Ditch the spray and opt for a lotion. Pick an SPF between 30 and 50 and apply it regularly.

P.S. Sunscreen has an expiration date! Expired sunscreen won't be as effective.



Tips for Staying Cool This Summer

- Adjust your ceiling fans. Set your fan to circulate counterclockwise in the summer and clockwise in the winter.
- Keep your blinds, curtains, and shades closed to help insulate your home and keep the sun from warming it up.
- Use cotton sheets as they stay cooler longer than other fabrics.
- Sip cool drinks throughout the day to stay hydrated.
- Use the fans and vents in your bathrooms and kitchens to help pull hot air up and out of your home.
- Ditch the incandescent bulbs in your home, which waste about 90% of their energy in the heat they emit.
- Grill outdoors so you don't have to run your oven!

This Month

- 4th: Independence Day
 - 12-14: Moxie Festival - Lisbon
 - 13th: Wicked Muddy Mainer - Orrington
 - 14th: Tri for a Cure - South Portland
 - 19th: Yarmouth Clam Festival
 - 20th: Old Halloween Day - Hallowell
MollyOckett Day - Bethel
 - 25th: Bangor State Fair
 - 31st: Maine Lobster Festival - Rockland
- Waterfront Concert Series -**
Tuesday nights, Hallowell
Wednesday nights, Augusta
Friday nights, Gardiner

Coming Up August: 5-A-Day

Comments, questions, ideas, or submissions?
Please email: kara.a.aguilar@maine.gov