



ChallengeME MONTHLY MINUTE

VOL 03 ISSUE 5 / MAY 2020 • mainedot.gov/challengeme

Monthly topic:

Summer Exposures

Heat related deaths are preventable.

Athletes, individuals with chronic medical conditions, infants and children, low income households, older adults aged 65+, and outdoor workers are among the most vulnerable groups from extreme heat. Extreme temperatures and sun exposure can cause sunburn and heat-related illnesses.

Did you know?

Sunburn can significantly slow the skin's ability to release excess heat.

Most heat-related illnesses occur because of overexposure to heat or over-exercising.

Avoid sunburn, heat related illnesses, and possible death by:

- Staying hydrated with water and avoiding sugary beverages
- Staying in cool, air conditioned areas or taking frequent breaks in the shade
- Wearing light-weight, light-colored, loose-fitting clothing
- Wear sunscreen

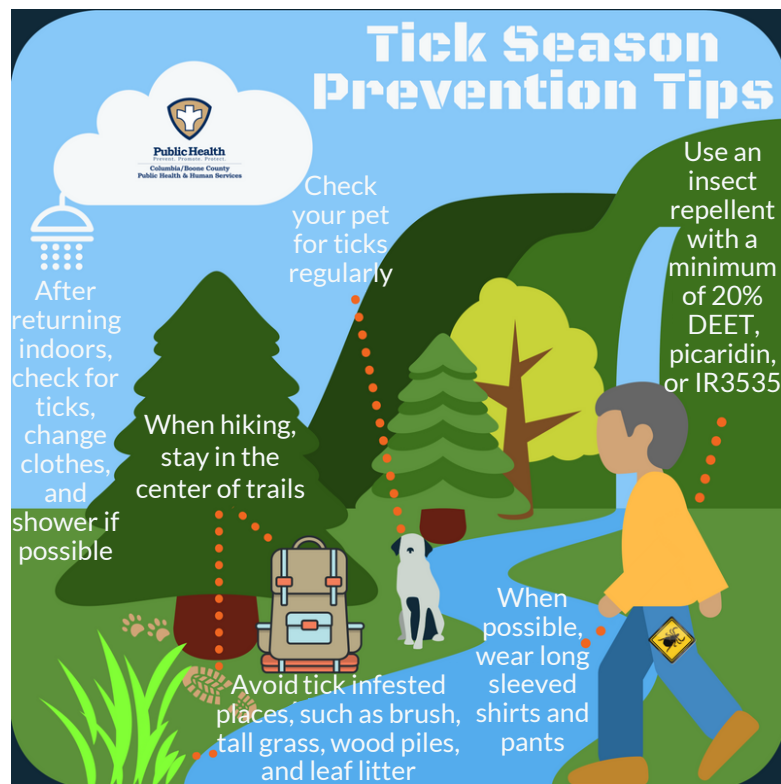
Know the signs.

Confusion, dark-colored urine, dizziness, fainting, fatigue, headache, muscle cramps, nausea, vomiting, diarrhea, pale skin, profuse sweating, and rapid heartbeat are all symptoms of heat exhaustion. If you or someone you know is exhibiting symptoms, move to a cool area, hydrate and reduce body temperature. If there is no relief within 15 minutes, seek emergency help immediately to avoid possible heat stroke.

It's Tick Season

It's that time of year again. As you venture outdoors, be sure to take precautions to avoid ticks and prevent lyme disease.

Visit <http://www.maine.gov/mdot/challengeme/videos> and click on: June 5th, 2017 Staying Safe During Tick Season to view an information video on ticks.



52 Week Money Challenge

Remember to set aside just a few dollars a week toward your holiday or emergency savings fund.

MAY 2020

S	M	T	W	T	F	S	\$
26	27	28	29	30	01	02	\$18
03	04	05	06	07	08	09	\$19
10	11	12	13	14	15	16	\$20
17	18	19	20	21	22	23	\$21
24	25	26	27	28	29	30	\$22
31	01	02	03	04	05	06	\$23

Monthly Total: \$105

Grand Total: \$276

Radon: The 2nd Leading Cause of Lung Cancer in the USA

Radon occurs naturally when uranium decays in rocks and soil.

It rises through the ground and enters homes through cracks in floors, walls, foundations, or around sump pumps. It can also be present in well water.

- About 1 in 15 homes have high radon levels.
- More than 25% of homes tested in Maine have high radon.
- Radon is a radioactive gas that you can't see, smell, or taste.
- Radon is the #2 cause of lung cancer in the U.S.
- 15,000-20,000 people die of radon-related lung cancer every year.
- Radon levels can change, test your home every few years.
- Radon air levels should be below 4 pCi/L, but lower than 2 pCi/L is preferred.
- Radon water levels should be below 4,000 pCi/L.
- Radon reduction systems can reduce high radon levels by up to 99%.

Coming Up June: Hydration

Don't forget to join Virgin Pulse join.virginpulse.com/stateofmainedot

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