



HEALTH BITS

Jefferson County Public Health Service
www.jcphs.org



SUN SAFETY

Summer is here and spending time outside is a great way to be physically active, reduce stress, and get vitamin D. But we should not forget about Sun Safety during this time of the year.

Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are invisible but can still cause damage to our skin cells. Protection from UV rays is important all year round, not just during the summer.



TIPS TO PROTECT YOUR SKIN:

- **Shade:** you can reduce your risk to sun damage and skin cancer by staying in the shade under an umbrella, tree or patio cover.
- **Clothing:** When possible wear long-sleeved shirts and long pants/skirts. If this type of clothing isn't practical just try to wear something dry, with tightly woven fabric, and dark in color.
- **Hat:** for the most protection wear a hat that has a brim all the way around that shades your face, ears and back of your neck.
- **Sunglasses:** these can protect your eyes from UV rays and reduce the risk of cataracts.
- **Sunscreen:** Put on sunscreen that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Sunscreen works best when combined with other preventative options.



WATER SAFETY

With the weather getting warmer it is more likely you or others will be swimming more often! Drowning is a major public health issue that can be prevented.

More children ages 1-4 die from drowning than any other cause of death except birth defects. But remember drowning can happen to anyone, any time there is access to water.

Some ways you can prevent drowning are:

- Learn basic swimming and water safety skills
- Supervise closely
- Wear a life jacket



BICYCLE SAFETY

Sun is shining, birds are chirping and it is a beautiful day for a bike ride!

Make sure you are taking effective interventions to reduce injuries while on the bike.

Some helpful tips you should always remember:

- Always wear a helmet
- Be aware of your surroundings

COVID-19 QUESTIONS?

Visit our website for up-to-date information.

JCPHS CLINICS

Call 315-786-3720 to schedule an appointment.

STI Clinic
every Tuesday
12:30 - 3:30pm

Immunization Clinic
every Wednesday
12:30 - 3:30pm

Travel Clinic
days & times vary

531 Meade Street
Watertown, NY 13601

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