

Postcard
from the
path...

Sunscreen tips:

We all need some sun exposure; it's our primary source of vitamin D, which helps us absorb calcium for stronger, healthier bones. But it doesn't take much time in the sun for most people to get the vitamin D they need, and unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and even cancer. Even people in their twenties can develop skin cancer.

Most kids rack up between 50% and 80% of their lifetime sun exposure before age 18, so it's important that parents teach their children how to enjoy fun in the sun safely. With the right precautions, you can greatly reduce your child's chance of developing skin cancer.

Being a good role model by wearing sunscreen and limiting your time in the sun not only reduces your risk of sun damage, but teaches your kids good sun sense.

THE BEST WAY TO APPLY SUNSCREEN

- Use about 2 tablespoons of sunscreen to cover skin from head to toe. Save 1 teaspoon to protect your face.
- Apply to dry skin half an hour before sun exposure. (If you use topical medications, apply them first and allow to dry before putting on sunscreen and makeup.) To deliver the promised SPF, the ingredients in sunscreen have to form a film over the skin's surface; if you apply it once you're in the sun and sweating, it won't stick to skin.
- Put it on before dressing (UV rays can penetrate clothing, which also tends to shift as you move), and pay special attention to often-missed areas such as the ears, the base of the neck, the tops of feet, and the backs of knees.
- Reapply sunscreen every 2 hours or immediately after swimming or toweling dry. If you plan on being active, use a water-resistant sunscreen.

OhioDAS

...walking together down a path of
wellness, through insight and
information for a healthy workforce.

Good Health Pays in More Ways than One

Good health is priceless. It improves your quality of life, lowers your risk of disease, and increases your chances of longevity. Hard to argue with these benefits!

Your health is in your hands. Improving your health is achievable. It's just a matter of taking the right steps - one at a time. The *Take Charge! Live Well!* (TCLW) program offers all eligible State of Ohio employees and their spouses enrolled in a health plan personalized health & wellness services and tools aimed to help you take those steps - to improve your health and feel your best.

The *Take Charge! Live Well!* program offers special incentives for your participation. Complete TCLW activities before June 30 to receive your FY10 financial incentive!! Enrolled employees and their spouses earn up to \$100 per person in incentives.



Do the Math!

\$50 Work with a **Health Coach**
1-866-272-5507

\$25 Participate in an online
Lifestyle Change Program
stateofohio.apshealthcare.com

\$25 Attend a **Health Screening**
See ohio.gov/tclw or ask your
wellness coordinator for dates
and locations of screenings



 <h2>TOP TEN</h2> <h3>Ways to Avoid Mosquito Bites</h3>	
1	Plan activities during the times when mosquitoes are less prevalent.
2	Cover up. Shorts and tee shirts are typical summer wear that leaves a lot of skin exposed to potential mosquito attacks.
3	Wear light colored clothing. Mosquitoes are more attracted to dark colors.
4	Deter mosquitoes with insect repellents. Repellents can help to keep mosquitoes at bay.
5	Eliminate standing water. Empty children's wading pools and swimming pools at least once a week.
6	Use citronella scented candles and tiki torches with citronella.
7	Install electronic insect control systems, known as bug zappers.
8	Replace outdoor lights with yellow bug lights.
9	Attract birds and mammals that feed on mosquitoes.
10	Consider wearing a mosquito net to cover the head, face and torso.
<p>Enjoy the summer outdoors while taking these steps to avoid mosquito bites.</p> <p>Source: www.associatedcontent.com</p>	