



### July Calendar:

- ▶ WIC: 5, 7, 8, 11, 13, 15, 18, 19, 20, 21, 25, 26, 28, 29
- ▶ WILLOW SPRINGS CLINIC: 6
- ▶ MOUNTAIN VIEW CLINIC: 27
- ▶ FAMILY PLANNING: 8, 20, 29
- ▶ IMMUNIZATIONS: 12, 14, 26
- ▶ CHOLESTEROL SCREENINGS: BY APPT
- ▶ FOOD HANDLERS CLASSES: 11 & 25

▶ **HOLIDAY'S (CLOSED):**  
**JULY 4<sup>TH</sup> - INDEPENDENCE DAY**

OVOLUME 108 | O YEAR 11



# Monthly Monitor

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## Heat-Related Illness and Prevention

**Heat Exhaustion:** is the body's response to an excessive loss of the water and salt contained in sweat. Those most prone to heat exhaustion are elderly people, people with high blood pressure and people working or exercising in a hot environment.

**Warning Signs of Heat Exhaustion Include:** heavy sweating, paleness, muscle cramps, tiredness and weakness, dizziness or fainting, headache, nausea or vomiting.

**What to Do:** rest in a cool, preferably air-conditioned area, loosen clothing, cool down with a shower or sponge bath, drink plenty of non-alcoholic and caffeine-free beverages, and seek medical attention if symptoms worsen or last longer than one hour.

**Heat Stroke (Life Threatening):** occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and

the body is unable to cool down. Heat stroke can develop within minutes or hours. Heat stroke can cause death or permanent disability if emergency treatment is not given. Treatment includes rapidly lowering the person's body temperature followed by intensive supportive care.

**Warning Signs of Heat Stroke Vary but may Include:** extremely high body temperature (above 103 F orally), red, hot and dry skin (no sweating), rapid pulse, throbbing headache, dizziness, nausea, confusion, unconsciousness.

**What to Do:** call for **immediate medical assistance**, move the victim to a cool or shady area, cool the victim rapidly using whatever methods you can, monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102 F, do not give the victim alcohol to drink.

Be aware of the warning signs of heat related illness and plan accordingly to prevent illness and have a great summer!



### Need a healthy on-the-go breakfast or snack? Fruity Banana Smoothie

#### Ingredients:

- 1 banana peeled
- 2 cups sliced peaches
- 1 cup vanilla yogurt
- 2 cups frozen strawberries
- 1 cup nonfat dry milk powder (optional)

#### Directions:

Mix all ingredients in a blender. Blend until smooth.

## FDA Issues New Regulations for Sunscreens



**TUESDAY, June 14 (HealthDay News) -- The U.S. Food and Drug Administration said Tuesday it will require new labeling for sunscreens to identify products that are best for reducing the risk of skin cancer, early skin aging and helping to prevent sunburn.**

**Under the new rule, sunscreens that protect against both ultraviolet A rays (UVA) and ultraviolet B (UVB) rays can be labeled "Broad Spectrum." UVB rays and UVA rays both can cause sunburn, skin cancer, and premature skin aging; UVB rays are the main source of sunburn, FDA officials explained.**

**The new rules will also require sunscreens to have a sun protection factor (SPF) of 15 or more or they won't be able to claim that they help prevent sunburn and possibly reduce the threat of premature skin aging and skin cancer -- if used with other measures to protect against the sun.**

**"Sunscreens that meet the new test for Broad Spectrum protection and are also SPF 15 or above can, for the first time, include the statement 'used as directed reduces the risk of early skin aging and skin cancer when used with other sun protection measures,' "** Dr. Janet Woodcock, director of the FDA's Center for Drug Evaluation, said during a Tuesday morning news conference.

**The new labels will, for the most part, not been seen until next summer, she said.**

**Sunscreens with a SPF of 2 to 14 can be labeled as "Broad Spectrum," but only those Broad Spectrum products with an SPF of 15 or more can claim they reduce the risk of skin cancer and early skin aging, according to the new regulation.**

**Any sunscreen that is not Broad Spectrum or a Broad Spectrum sunscreen with an SPF between 2 and 14 will have to carry a warning saying the product has not been found to prevent skin cancer or early skin aging.**

**Sunscreens labels will also have a "Drug Fact Box," Woodcock said. And, sunscreens can no longer be called sunblocks, she said, "because we don't want to give the impression that complete protection is provided."**

**In addition, sunscreens can no longer claim they protect for more than two hours, without approval from the FDA, Woodcock said. The products will also no longer be allowed to state that they are waterproof and sweat-proof. Products can, however, claim to be water-resistant for 40 to 80 minutes. The amount of time the product remains effective must be stated on the label, Woodcock added.**

## PROTECTING CHILDREN FROM THE SUN

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

**Seek shade.** UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then.

**Cover up.** Clothing that covers your child's skin helps protect against UV rays.

**Get a hat.** Hats that shade the face, scalp, ears, and neck are easy to use and give great protection.

**Wear sunglasses.** They protect your child's eyes from UV rays, which can lead to cataracts later in life.

**Apply sunscreen.** Use sunscreen with at least SPF 15 and UVA and UVB protection every time your child goes outside. Apply sunscreen generously 30 minutes before going outdoors.