

# FAMILY AND COMMUNITY HEALTH

## “CONNECTIONS: IN LAMPASAS COUNTY

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### Key Facts to Remember!

- *People of all skin colors are potentially at risk for sunburn and other harmful effects of UV radiation, so always protect yourself.*
- *Be careful—especially if you have: pale skin, blond, red, or light brown hair, been treated for skin cancer or if a family member who has had skin cancer.*
- *Ask your health care professional about sun-care precautions. Some medications may increase sun sensitivity.*

## July is UV Safety Month: From Sunscreen to Sunglasses

Many of us spend the better part of the year looking forward to the summer months. The sunny weather inspires vacation plans, outdoor activities, summer festivals, and trips to the pool or beach. With so many activities packed in, it's easy to overlook things. One of the most important things to remember when planning to be outside in the summer is how to protect yourself from ultraviolet (UV) rays.

July is UV Safety Month. As we enjoy the beautiful summertime weather, we need to keep in mind several issues about the effects of the sun's ultraviolet radiation. We need sunshine. It helps with

our body's production of Vitamin D and has been tied to issues of depression in some people who do not get enough. However, overexposure to the sun can lead to a variety of health risks. You may be surprised about some of the specific dangers of sun exposure and how you can protect yourself.

There are two main types of UV light, UVA and UVB. UVB is what gives you your sunburn and is responsible for some types of skin cancers. UVA rays are the ones that can make the skin leathery and wrinkly in appearance and they can also contribute to certain skin cancers. (An easy way to remember: "A" is



for aging and "B" is for burning). Both types are harmful to you in different ways.

Limiting your time in the sun, especially between 10 a.m. and 4 p.m., when the sun's rays are most intense.

Wear protective clothing—such as long-sleeve shirts, pants, sunglasses, and broad-brim hats.

Source: [fda.gov](http://fda.gov)

## Sun Protection

Limit exposure to direct sunlight between 10 a.m. and 4 p.m., and wear a broad-spectrum with a protection factor of at least 15. Reapply sunscreen often. Remember to drink plenty of water regularly, even if not thirsty. Avoid drinks with alcohol or caffeine in them. Protect the eyes by wearing sunglasses that will absorb 100 percent of UV sunlight. Protect the feet—the sand can burn them

and other sharp objects can cut them.

During hot weather, watch for signs of heat stroke—hot, red skin; changes in consciousness; rapid, weak pulse; rapid, shallow breathing. If it's suspected someone is suffering from a heat stroke:

- ⇒ Call 9-1-1 and move the person to a cooler place.
- ⇒ Quickly cool the body by applying cool, wet

cloths or towels to the skin (misting with water) and fanning the person.

⇒ Watch for signs of breathing problems and make sure airway is clear. Keep the person lying down.

Source: [www.redcross.org](http://www.redcross.org)

## SUNSCREEN NOTES

⇒ Always read the label to ensure that the use of sunscreen is applied correctly. Also, ask a health care professional before applying sunscreen to infants younger than 6 months.

In general, the FDA recommends that you use broad-spectrum sunscreen with an SPF of 15 or higher, even on cloudy days, and apply it in the following ways-

- ⇒ Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet and lips ( but avoid putting it inside your mouth and eyes).
- ⇒ Reapply a least every two hours. And more often if you are swimming or sweating. (Remember to read the label for your specific sunscreen. An average-size adult of child needs at least one ounce of sunscreen, about the amount it takes to fill a shot glass, to evenly cover the body.) If you do not have much hair, apply sunscreen to the top of your head, or wear a hat.
- ⇒ Sunscreens are available in forms such as lotions, creams, sticks, gels, oils, butters, pastes, and sprays. Broad spectrum sunscreens with an SPG of 15 or higher can help prevent skin cancer when used as directed with of sun protection measures.
- ⇒ Sunscreen products in come in several forms including wipes, towelettes, powders, body washes, and shampoos that are marketed without an FCS-approved applications or outside the FCA's OTC Drug Review remain subject to regulatory action.



Source: [redcross.org](http://redcross.org)

## SUMMER PESTS AND SCREEN REPAIR

Flies and other flying insects are annoying. Inside the house, they can spread disease and bacteria when they land on surfaces or food. Some may even bite you. Controlling the fly population by keeping the flies out of your house helps to create a healthier indoor environment for your family.

However, keeping flies and other flying insects out of your home can be a challenge. You can start by keeping doors closed as much as possible. Since we often need to ventilate our home by opening windows and doors, it is important that we have screens on them to keep the flying insects out. It doesn't take much of a hole in a screen for flies to crawl inside, so we need to make sure the screens are in good condition.

Doors and window screens may be punctured or torn from their frames, or split due to rust and corrosion, abuse, or a wind storm.

Screens can be repaired in several different ways.



### Small Hole Repair-

1. Fill small holes in nylon or fiberglass screens with a few drops of instant adhesive.
2. Fill small holes in metal screens with epoxy.
3. Patch kits are often available at home supply stores; follow the kit instructions to repair the tear.

### Patching a Hole-

1. Cut a patch just barely larger than the hole. Apply a thin layer of fast-drying glue along the edges of the patch and press it in place.
2. To avoid sticking fingers to glue, use low-tack painter's tape to hold the screen together as it dries; cut a piece of tape larger than the patch, gently tape it to the patch, and leave until dry.
3. To make your own patch for a metal screen, cut a patch from a length of screening. Trim edges of the hole into a neat square opening.
4. Make sure the patch is 1/2 inch larger all around than the hole to be repaired; bend edges' teeth into right angles.
5. Set patch over opening so teeth penetrate the screen.
6. Turn screen over; bend teeth flat on other side to hole in place.

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## JULY SAFETY TIPS

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*It's time for Fourth of July celebrations—fireworks, a backyard barbecue, maybe a trip to the beach. Whatever people have planned, listed are steps for you and your family to be safe.*

**FIREWORKS SAFETY**– The safest way to enjoy fireworks is to attend a public fireworks show put on by professionals. Stay at least 500 feet away from the show. Many states outlaw most fireworks. If someone is setting fireworks off at home, they should follow these steps:

1. Never give fireworks to small children, and always follow the instructions on the packaging.
2. Keep a supply of water close by as a precaution.
3. Make sure the person lighting fireworks always wears eye protection.
4. Light only one firework at a time and never attempt to relight “a dud.”
5. Store fireworks in a cool, dry place away from children and pets.
6. Never throw or point a firework toward people, animals, vehicles, structures or flammable materials.

**GRILLING SAFETY**– Every year people in this country are injured while using backyard charcoal or gas grills. Follow these safety steps to safely cook up treats for the backyard barbecue:

1. Always supervise a barbecue grill when in use.
2. Never grill in any enclosed structure.
3. Make sure children and pets stay clear.
4. Use long-handled tools to keep safe.
5. Keep the grill out in the open, away from the house, the deck, tree branches, or anything that could catch fire.
6. Always follow the manufacturer's instructions when using grills.



**BEACH SAFETY**– If someone's visit to the shore includes swimming in the ocean, they should learn how to swim in the surf and only swim at a lifeguarded beach, within the designated swimming area. Obey all instructions and orders from lifeguards. Other safety tips include:

1. Keep alert for local weather conditions. Check to see if any warning signs or flags are posted.
2. Swim sober and always swim with a buddy.
3. Have young children and inexperienced swimmers wear a Coast Guard-approved life jacket.
4. Protect the neck— do not dive headfirst. Walk carefully into open waters.
5. Watch for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants and leave animals alone.

**RIP CURRENTS**– Rip currents are responsible for deaths on our nation's beaches every year, and for most of the rescues performed by lifeguards. Any beach with breaking waves may have rip currents. Be aware of the danger of rip currents and remember the following:

1. If someone is caught in a rip current, swim parallel to the shore until out of the current. Once free, they should turn and swim toward the shore. If they can not swim to the shore, they should float or tread water until free of the rip current and then head toward shore.
2. Stay at least 100 feet away from piers and jetties. Permanent rip currents often exist near these structures.

Additional water safety tips are available at [redcross.org/watersafetytips.com](http://redcross.org/watersafetytips.com)

Karen DeZarn CEA-FCS  
409 S. Pecan St., Suite 102  
Lampasas, TX 76550

Phone 512-556-8271 Ext. 140  
kjdezarn@ag.tamu.edu

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LAMPASAS.AGRILIFE.ORG



## Lampasas County News:

Many people are harvesting their gardens and plan to preserve their harvest. If you are planning to pressure can your food you should have your dial gauge checked yearly.

Bring your canner by the Extension office to have it tested. My Dial Gauge Tester will test canners made by Presto, National (those made by the National Pressure Cooker Company), Magic Seal (sold at Montgomery Ward) and Maid of Honor (sold at Sears). Bring your entire pressure canner at the time of testing. I also have some copies of So Easy to Preserve books for sale. This book shares directions and recipes for canning (pressure and water bath), freezing and dehydrating and is suggested by the National Center for Home Food Preservation. They are \$18 (on a first come basis).

COUNTY FAIR ENTRY July 11 4-7 p.m. at the Annex

Viewing : July 12 2-5:30 and July 13 10-2.

## Tasty Coleslaw

Servings: 4

### Ingredients:

- 3½ cups shredded cabbage
- ¼ cup shredded carrots
- ¼ cup finely chopped celery
- ¼ cup chopped green bell pepper
- ¼ cup light mayonnaise
- 1 tablespoon vinegar
- 3 packets artificial sweetener
- ¼ teaspoon salt
- ¼ teaspoon pepper

**Directions:** Wash hands and clean your cooking area.

Wash and chop all vegetables, then combine in a large mixing bowl.

In a small bowl, mix the mayonnaise, vinegar, sweetener, salt and pepper for the dressing.

Pour the dressing over the vegetables and mix well. Chill for 30 minutes to an hour before serving.

Family and Consumer Sciences “Connections” is provided by the following Texas A&M AgriLife Extension Service Family and Community Health Agents:

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