



ChallengeME MONTHLY MINUTE

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Monthly topic:

Sun & Heat Exposure

It's summer in Maine! As we spend more time in the sun and heat, it is important to be familiar with heat-related illnesses, their symptoms, and treatments.

Prolonged exposure to hot temperatures can cause heat-related illness such as heat stroke, heat exhaustion, heat cramps, sunburn and heat rash.

Heat Stroke symptoms:

High fever

Hot, red, dry, or damp skin

Rapid heart rate

Headache

Vomiting

Losing consciousness (passing out)

Treatment:

Call 911 right away!

Move person to a cooler location

Use cool cloths or a cool bath to lower temperature

Do NOT give the person anything to drink

For more info on heat-related illnesses and treatments go to: <https://www.cdc.gov/disasters/extremeheat/warning.html>

Learn the 5 S's to Be Sun Smart This Summer

Did you know that skin cancer is now the most commonly diagnosed cancer in the U.S.?

But skin cancer is very preventable!

Be sun smart this summer and learn the 5 S's for cancer prevention:

-Slip on a long-sleeved shirt or sun protective clothing

-Slop on broad-spectrum sunscreen at SPF 30 or greater, and re-apply every two hours

-Slap on a hat, the wider the brim the better

-Seek shade or shelter during peak sun exposure times, generally from 10 a.m. to 4 p.m.

-Slide on UV-protective sunglasses to protect the eyes

Remember, it's not just sunbathing that puts you at risk, but being out in the sun without adequate protection. Be sure to use all Five S's and avoid getting burned!

Visit the Dermatologist Yearly for a Skin Screening

Most skin cancers are highly treatable, especially when they are caught early!

Visiting your dermatologist regularly is key in catching skin cancer in its early stages. Consider making a full-body skin exam a regular part of your annual health routine.

To learn what to expect during a full-body screening with a dermatologist go to: <https://health.clevelandclinic.org/skin-cancer-screening-what-to-expect-during-a-full-body-skin-exam>

Regardless of how often you visit a dermatologist, you should use a mirror to perform a skin exam of your own every three to six months.

ChallengeME MaineDOT Healthy Workforce

Didn't have time to watch the recent Webinars offered by our Health Coaches? That's okay, because the webinars (as well as podcasts) are posted on our ChallengeME Website, so you can watch and listen at your own convenience!
<http://maine.gov/mdot/challengeme>

The original Slip! Slop! Slap! campaign was in 1981! Watch Slip! Slop! Slap! – The Original Sid the Seagull Video and updated campaign videos on YouTube!

Coming Up August: 5-A-Day

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