

Putnam County Health Department

In Cooperation with
The Department of Health of Missouri

FOR IMMEDIATE RELEASE:

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Summer Safety

Summertime means outdoor fun, but remember to play safe!

Putnam County, Missouri –The sun is shining and the weather is getting hot and muggy. Putnam County residents will be hosting backyard barbecues, fishing at the city reservoir, or enjoying a bright sunny day at Unionville Park. Summer has just started, and this is the most important time to be conscious about sun safety!

Vitamins that come from the sun are essential for life, but too much sun exposure can cause immune system suppression, eye damage, and premature aging of skin. In addition, skin cancer is the most commonly diagnosed cancer in the United States. One in five Americans will develop skin cancer in their lifetime. The majority of skin cancers are caused by excessive sun exposure.

“It is very important to protect yourself and your children from UV rays,” Gigi Pettengill, Health Educator from Putnam County Health Department says, “your chance of developing melanoma later in life doubles if you had one blistering sunburn in childhood or if you have had five or more sunburns throughout your life at any age.”

It is very important for children to wear sunscreen on a daily basis because on average, children receive three times more sun exposure than adults. For children, the “Sun Safety Alliance” recommends an SPF of 30 or higher. Remember to apply before going outdoors, and reapply often! Summertime activities are the most fun without the sunburn! For more information on sun safety, go to www.sunsafetyalliance.org.

The Putnam County Health Department is committed to the protection and improvement of health and the quality of life for all members of our surrounding community. For more information, call (660) 947-2429 or visit www.putnamcohealthdept.org.



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