

Sun Safety

The weather is warming up, the days are longer and there's more time to be outside doing all kinds of fun things! But if you're going to be out in the sun, especially on a hot day, you need to stay safe. Here's how:

- Cover up with light clothing
- Use a sunscreen with a sun protection factor (SPF) of 15 or higher
- Wear sunglasses that block UV rays
- Limit direct sun exposure during midday
- Wear a hat
- Avoid tanning beds and sunlamps

Skin cancer is on the rise and is the most common cancer in Maine. Maine has a higher rate of malignant melanoma than most states in the United States. With careful inspection of the skin, most melanomas can be detected early and treated successfully. So please, when out in the sun use caution follow these simple tips and most of all enjoy our beautiful state this summer!

Health Newsletter: Commute Another Way

Did you ever think-or wish--there might be another way to get to work?

Now that Spring has sprung, you might consider riding a bike into work. If you live within four or five miles of your office, you live within easy bicycle commuting distance! Dress in bright colors for visibility and bring a change of clothes if you think you'll need it. Always ride with traffic, and follow the rules of the road.

Other options include driving part way into work, and then walking or riding the rest of the way. You'll feel better about going into work if you take a little outside time on your way in!

Another option is carpooling, which saves fuel, reduces traffic.

Alcohol: The Scope of the Problem

According to a 2008 Maine Office of Substance Abuse report, "Mainers indicate that alcohol is the most often used substance in Maine." SAMHSA's 2007 national survey reports that "about 10.7 million persons aged 12 to 20 years reported drinking alcohol in the past month..." The Surgeon General's 2007 Call to Action states that "Youth who report drinking before the age of 15 are more likely than those who begin drinking later in life to have other substance abuse problems during adolescence...and in adulthood."

Get Involved: Alcohol Awareness Month Activities

- ☆ Alcohol Awareness Month encourages local communities to focus on alcoholism & alcohol-related issues | www.ncadd.org
- ☆ “Reach Out Now” (SAMHSA) provides school-based, underage alcohol use prevention materials each April | www.teachin.samhsa.gov
- ☆ The 2nd Annual “What’s Your Reason?” contest for youth will be held LIVE on Community TV April 16th | www.21reasons.org
- ☆ FMI about the Public Health Division’s substance abuse prevention program, visit www.substanceabuse.portlandmaine.gov or contact Ronni Katz at 756-8116 or rmk@portlandmaine.gov