

Highlight on Health

A Custer Health Publication

Walk for Wellness '17

Important Dates

May 1-5 - Project Hope Week.

May 6-12 - National Nurses Week.

May 6-12 - Women's Health Week.

May 15-19 - Bike to Work Week.

May 17 - Employee Health & Fitness Day.

May 19 - Bike to Work Day

May 31 - World No Tobacco Day.

Public Health

Car Seat Checkups

May 10 - 3pm to 5pm at Puklich Chevrolet

Immunizations

May 1 - 3pm to 5pm

May 8 - 3pm to 6pm

May 15 - 3pm to 5pm

May 22 - 3pm to 5pm



Public Health
Prevent. Promote. Protect.



Custer Health
For a healthier way of life.

Custer Health
Offices in Mandan, Carson, Beulah and Center
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Tips for Safe Bicycling



Warmer weather means you and your child using a bicycle. Here are a few quick reminders as you hit the road:

- Always wear a helmet and never wear headphones.
- Obey traffic signs and signals.
- Never ride against traffic.
- Follow lane markings.
- Don't pass on the right.
- Scan the road behind you.
- Dress for the weather.
- Utilize hand signals.
- Look out for road hazards.
- Keep your bike in good repair.
- Use a light at night.

Source: NDDOT

Now Is the Time to Immunize

Your child's academic year may be winding down, but now is the time to start thinking about upcoming immunizations for the 2017-18 school year -- before the end-of-summer rush.

If your child requires immunizations for the upcoming year, you can contact Custer Health's offices in Mandan, Carson, Beulah and Center.

Remember Fun in the Sun Safety

Warmer weather is here! Who doesn't want to be outside, playing catch or just barbequing in the backyard?

While getting your fun in the sun, make sure you're not getting too much of a good thing. Avoid consequences of overexposure to the sun like sunburns, premature aging of the sun, wrinkling and skin cancer.

The hours between 10 a.m. and 4 p.m. daylight savings time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure in the U.S.

CDC recommends easy options for sun protection:

- Use sunscreen with a sun protective factor (SPF) 15 or higher and both UVA and UVB protection.
- Sunscreen wears off. Put it on again if you stay out in the sun for



more than two hours, and after you swim or do things that make you sweat.

- Check the sunscreen's expiration date. Sunscreen without an expiration data has a shelf life of no more than 3 years, but its shelf life is shorter if it has been

exposed to high temperatures.

- Wear clothing to protect exposed skin. Loose-fitting, long-sleeved shirts and long pants made from tightly woven fabric offer the best protection.
- A wet T-shirt offers much less UV protection than a dry one. Darker colors may offer more protection than lighter colors.
- Wear a hat with a wide brim to shade the face, head, ears and neck.
- Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.
- Seek shade, especially during midday hours.

For more information, please visit www.cdc.gov/cancer/skin/basic_info/prevention.htm.

Source: CDC.gov