



Health Department Updates for Halton Health Care Providers

July 2017

Message from the Halton Region Health Department

Can't wait to soak up a little sun? You're not alone. Most of us want to get outdoors as warmer days approach. Summer brings with it more sunny weather and time spent engaging in outdoor activities, including fun in the water. While encouraging your patients to be active and enjoy their time outdoors, it's just as important to remind them to do it safely. Remind your patients to protect their skin and eyes from Ultra Violet Radiation damage, take action to prevent heat related illness when temperatures are high and stay safe in and around the water. This postcard provides information and tools from the Halton Region Health Department on ways you can help your patients stay safe in the sun, heat and water this season. Have a sun-safe summer!



What's new for Halton physicians?



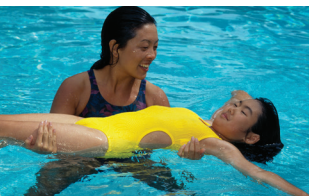
Remind patients to enjoy the sun safely by protecting their skin and eyes

Chronic exposure of some cells to Ultra Violet (UV) Radiation can lead to skin cancer and several eye diseases like cataracts and age-related macular degeneration. Limiting time in the sun when the UV index is three or higher (11 a.m. – 3 p.m.), seeking shade, wearing protective clothing, using sunscreen with a minimum SPF of 30 and wearing closefitting/wraparound sunglasses are important messages to share. For more information, visit halton.ca/sunsafety.



Prevent heat related illness

Extreme heat and humidity can cause heat related illness, especially with adults over 65 years of age, infants and young children and those with chronic illnesses like heart disease and asthma. The Health Department issues Heat Warnings when temperatures are expected to be at least 31°C and overnight temperatures are above 20°C for two days or when the Humidex is at least 40 for two days. For information on cooling centres and aquatic facilities, as well as signing up for Heat Warnings, visit halton.ca/heat.



Help patients to stay safe in the water

Learning to swim is an important life skill for both parents and children. New Canadians (adults and children) are more likely to be unable to swim and are at greater risk of drowning than those born in Canada. The Lifesaving Society's program "Family Swim to Survive" teaches critical skills: roll, tread and swim. To find out what is offered in Halton and to view Swim to Survive videos in multiple languages, direct patients to halton.ca/childsafety.



Visit halton.ca/physicianupdates to sign up for important health updates emailed to you from the Health Department.

