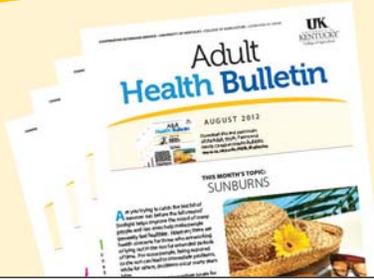


Adult Health Bulletin



JUNE 2013

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THIS MONTH'S TOPIC: SUMMER SKIN HAZARDS

In the summer it is important to be aware of dangers to your skin. Bites, burns and rashes are all common problems encountered when the weather gets warm. Thankfully, all can be taken care of easily, when treated properly.

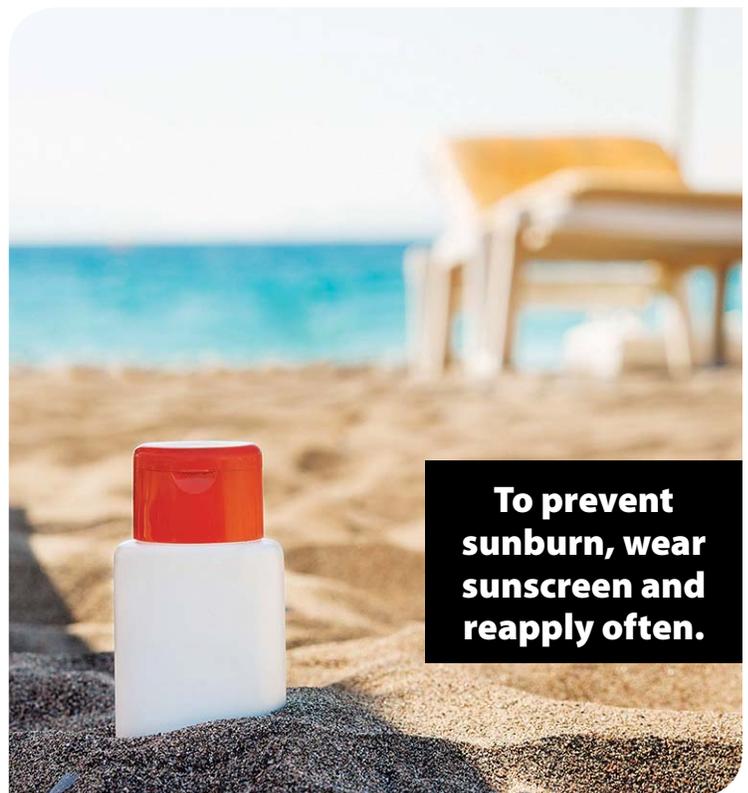
Sunburn

Sunburn happens when your skin comes into contact with too many of the sun's ultraviolet rays. The sunburn may be noticed quickly, after the burn occurs, but it may take weeks to go away. Using pain relievers, aloe, a cold cloth or soothing creams might make your skin feel better. To prevent sunburn, it is suggested that you wear SPF 30 or higher and reapply often, when outside or after being in the water.

Mosquito bites

Scratching mosquito bites may relieve the itch for a few minutes but if you scratch these bites

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You can deactivate jelly fish stingers by putting vinegar on the area.

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too much, a skin infection may occur. Mosquitoes can carry viruses and diseases such as West Nile Virus so preventing bites is important. You should cover up when going outside, use screens on doors and windows in your house, and get rid of standing water that may be around your house.

Poison ivy, oak and sumac

Touching the sap from these plants can cause a rash for many people. This rash becomes extremely itchy, but may be soothed by medications. Antibiotics may be required if the skin becomes infected. Educate yourself about these plants and how to identify them. Avoid them when you are outside.

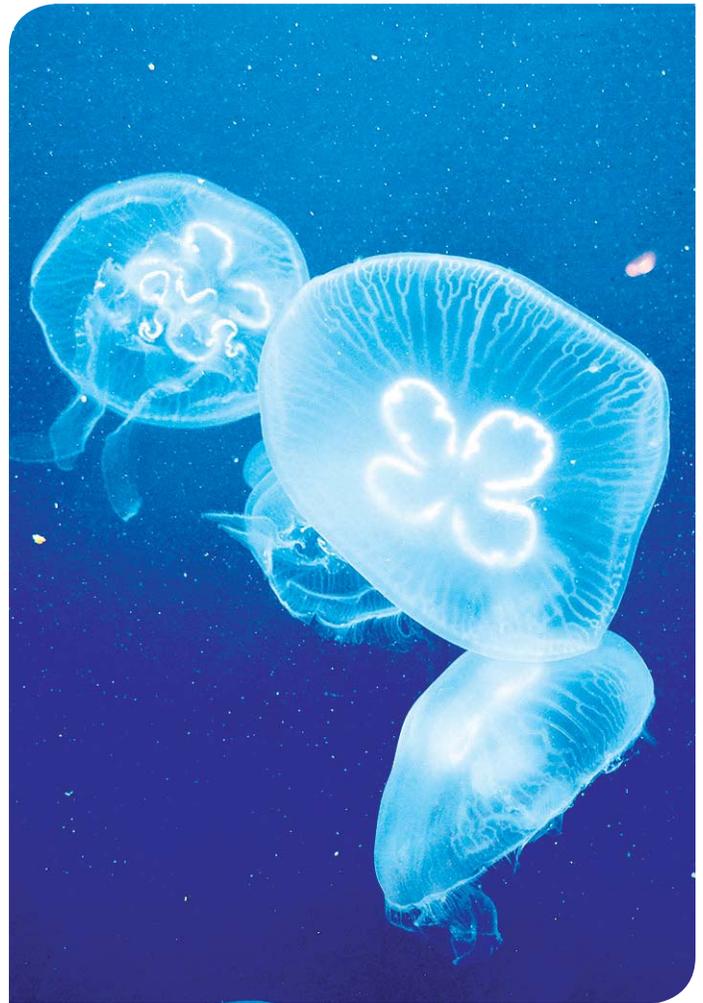
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Bee stings

Most people have only minor reactions to being stung by a bee — perhaps minor swelling, pain and itching. For some people, allergic reactions may cause hives, swelling of the mouth and throat and difficulty breathing. If this occurs, you should lie down and get medical care as soon as possible. If you know you have an allergy and have an epinephrine injection, use it. For mild stings, take the stinger out and put ice on it.

Jelly fish stings

Touching jellyfish while swimming in the ocean can cause stings from their tentacles. The stings may be very painful and cause a rash or welts, which may lead to vomiting and muscle spasms. You can deactivate the stingers by putting vinegar on the area. In some cases, it is important to see a doctor.



Many critters are active in the summer including, spiders, snakes, chiggers, wasps and many others. If you come into contact with them, call a doctor or nurse and ask what you should do. Protecting yourself from the sun and being able to treat any bite, burn or sting will help you have the best summer.

SOURCE:

<http://www.webmd.com/skin-problems-and-treatments/ss/slideshow-summer-skin-hazards>

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Health Bulletin

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