

# THINK **act** be healthy

Summer 2013



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## Sun Protection - Cap It, Shade It, Drink It, Screen It!

Is there anything better than a beautiful sunny day? Nothing feels better than the warm sun on your skin, and when the sun is out, more people spend time doing outdoor activities with family and friends. While enjoying a summer day, follow this motto to keep you and your family safe in the heat.

**Cap it** – Wearing a wide-brimmed light coloured hat during sun exposure will ensure you keep the heat off your head and help keep you cool and protected.

**Shade it** – Shading your body from the harmful sun's rays means more than just sitting in the shade. Although sitting in the shade is important, it is equally important to keep your skin and eyes shaded. Wear loose-fitting, long sleeve clothing as well as sunglasses that provide 100% UVA & UVB protection and ensure they wrap around your face.

**Drink it** – Water and fluids are an important part of keeping our bodies cool and hydrated in the summer heat. Keep water with you at all times while in the sun and remember the more active you are, the more water you should drink.

**Screen it** – Apply a full spectrum SPF 30+ UVA & UVB sun block (30mL for adults and 15mL for children per application) on all exposed body areas including lips, tops of ears and tops of feet at least 20 minutes before sun exposure. Ideally, sunscreen should be reapplied 20 minutes after going outdoors so that the product stabilizes on the skin and gives maximum protection. Thereafter, reapply sunscreen every 2 hours during sun exposure, or after swimming, sweating or towelling.



Source: [www.hc-sc.gc.ca/hl-vs/sun-sol/protect-protegez/sun-solaire-eng.php](http://www.hc-sc.gc.ca/hl-vs/sun-sol/protect-protegez/sun-solaire-eng.php)

## Food for Thought...

## Sobeys Dietitians Have a World of Healthy Ideas for You

### Safe Grilling

On beautiful summer days, many people enjoy barbequing. It is important to keep food safe in warm temperatures.

- Thaw meats in fridge, under cold running water, or microwave (if cooking right away).
- Marinate meats in the fridge, not on the counter.
- Scrub the grill with hot, soapy water before each use.
- Use different utensils and plates for raw and cooked foods.
- Use a meat thermometer to make sure meats and fish are safely cooked.

### Don't Spoil the Picnic!

- Keep your picnic foods safe when the temperature soars.
- Pack food in a cooler. Put ice or ice packs above and below food. Make sure the cooler is tightly closed.
- Put the cooler in the back seat of your car instead of your hot trunk.
- Keep raw foods separate from cooked or ready-to-eat foods.
- Use a thermos to keep hot foods hot.
- Eat foods within 2 hours of being cooked or being out of the cooler. Eat within 1 hour if the temperature is over 30°C. Throw the food out if it is longer than this.



Your PROfile pharmacist is a great resource to help you select the correct sunscreen for you and your family and is always available to discuss your health concerns.

## Body & Mind

*A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.*

~James Dent

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