



July is Ultraviolet (UV) Safety Awareness Month and a time to remind all about UV radiation and the effects of exposure it has on the body, as well as ways to protect yourself, prevent sunburns, sun damage, and skin cancer.

UV radiation is a form of invisible radiation that comes naturally from the sun's rays. UV radiation is at its highest when and where the sun's rays are the strongest. This means that UV levels will be highest around noon on a clear sunny day, even more so during the summer months. UV levels will also be highest near surfaces that reflect sunlight, such as water, cement, snow, and sand, and more pervasive at higher altitudes thus increasing the need for safety measures.

Protect yourself from UV rays and lower your risk of getting sunburns and developing skin cancer by using sunscreen that uses minerals to reflect UV rays. Other prevention strategies include limiting time in the sun, staying in the shade, covering your skin with long sleeves and pants when outdoors, not using tanning beds or booths, and wearing a sunhat and sunglasses.

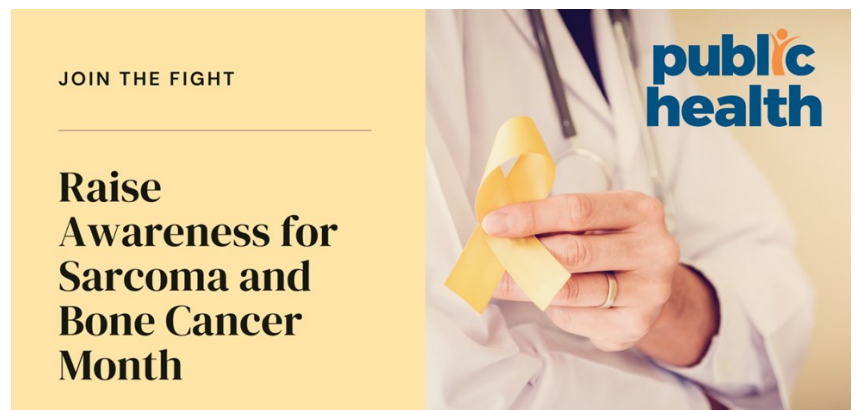
To learn more at www.cdc.gov/skin-cancer/

Public Health also recognizes July as Sarcoma and Bone Cancer Awareness Month to raise awareness, promote education, support, and provide encouragement for early detection and prevention. Sarcoma and bone cancer can impact the lives of patients and families, causing physical and emotional challenges that extend far beyond the diagnosis itself.

A sarcoma is a malignant tumor or rare group of cancer that can form in bones or soft tissues such as cartilage, fat, muscle, blood vessels, tendons, nerves, and around joints. When sarcomas originate in the bones, they are referred to as bone cancer.

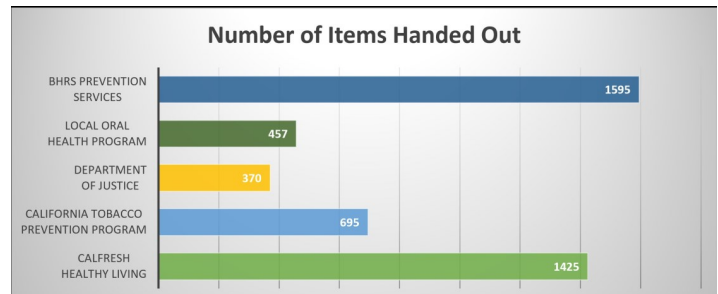
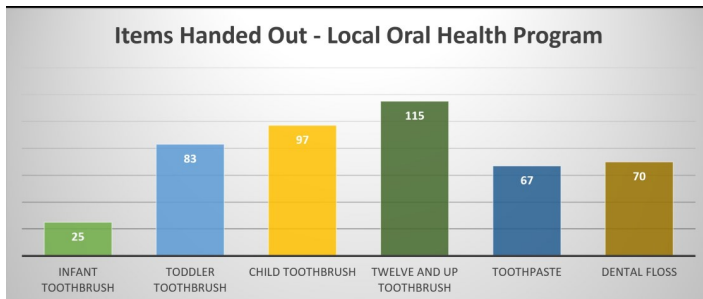
This Sarcoma and Bone Cancer Awareness Month is an opportunity to educate yourself, wear yellow, share information with your friends, family, and community.

Learn more at www.curesarcoma.org



Public Health Equity/Wellness

Oral Health Program



Public Health - Maternal, Child, Adolescent Health (MCAH)

Last month the MCAH team participated in the Adventist Health Ukiah Valley Community Baby Shower event which included perinatal health information and supports, car seat checks/installations, child passenger safety information, and booths from community organizations that support families. Throughout this event, multiple car seats were checked and installed, and various appointments were scheduled for future car seat checks!



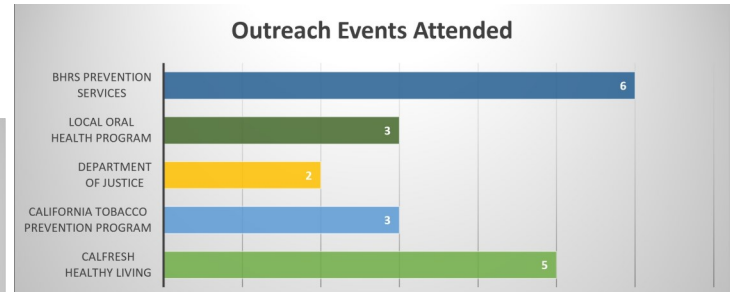
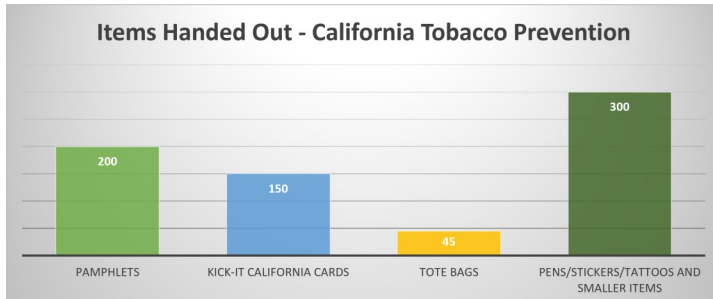
Our MCAH team has been working diligently to secure funding through multi-year grant applications essential for the continuation and growth of our home visiting programs that include the California Home Visiting Program State General Fund Expansion and Innovation grants. These efforts include outlining expectations and goals aimed to sustain and expand our community engagement, educational development, and innovative

programming for submission to the State next month.

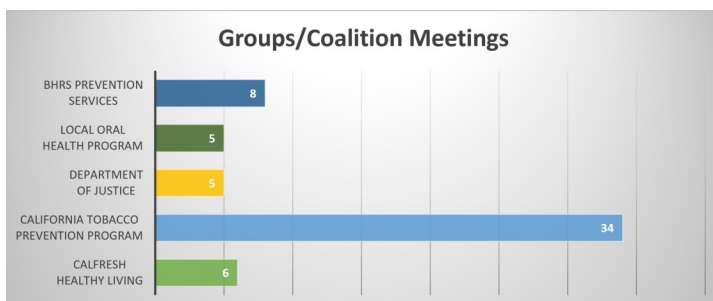
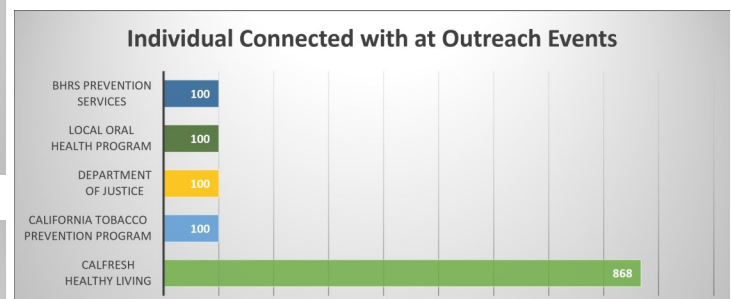
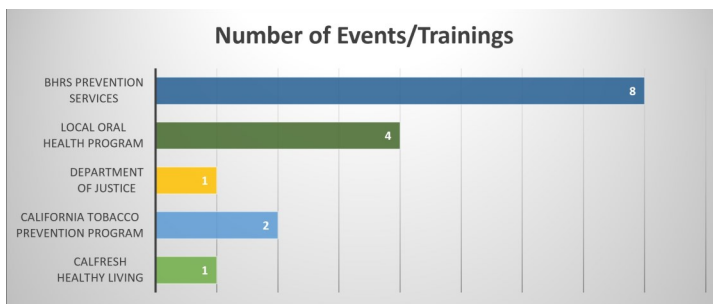
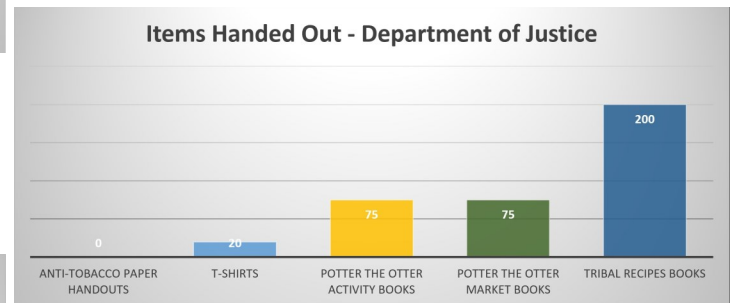
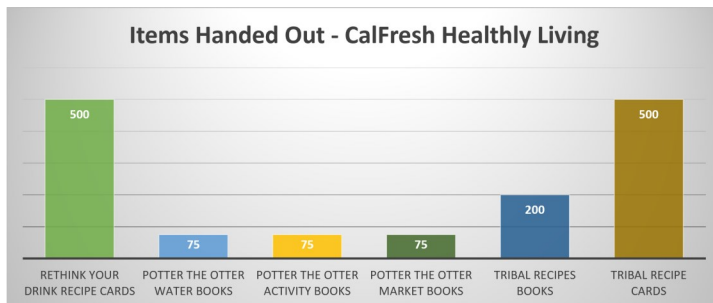
On June 27th, the MCAH team collaborated with First 5 Mendocino to participate in a Community Resiliency Model training that focused on educating individuals about the biology and neurophysiology of trauma and resilience as well as teach simple biologically-based wellness skills that can help re-set and stabilize the nervous system. This training aimed to share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach. This training was attended by local community health workers, home visitors, doulas, and providers.

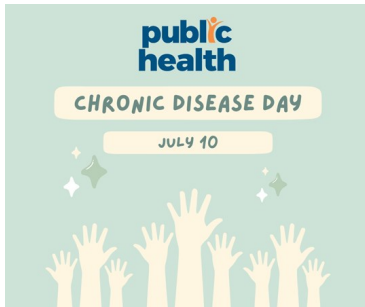


Public Health Equity/Wellness Tobacco Prevention Program



Public Health Equity/Wellness CalFresh Healthy Living





Public Health also recognizes July 10 as Chronic Disease Day to raise awareness, educate, provide support, prevent, and remind to seek treatment about chronic diseases. This day aims to advocate for individuals facing health challenges related to chronic diseases and dedicated to prevention and promoting health and wellness for all.

Chronic diseases are long-term health conditions that can significantly impact a person's quality of life and may include diabetes, heart disease, arthritis, chronic obstructive pulmonary disease (COPD), depression, high cholesterol, chronic kidney disease, dementia and Alzheimer's disease, autoimmune diseases (rheumatoid arthritis, lupus), and certain cancers. Learn more at www.cdc.gov/chronic-disease

Public Health also recognizes July 28 as World Hepatitis Day to raise awareness, prevent, and seek treatment for hepatitis, a group of infectious diseases known as hepatitis A, B, C, D, and E. Learn more at [About World Hepatitis Day | Viral Hepatitis Awareness | CDC](#)



Public Health Administration Communications

Public Health will air PSAs in English and Spanish all month-long in June to raise awareness on Heat Safety, Water Safety, Tick, Mosquito, and Lyme Disease! Our message is prevention!

- Summer is here along with high temperatures that can be dangerous. A very high body temperature can damage the brain and other vital organs. Some health conditions can make it harder for the body to stay cool in hot weather. Specifically children, older adults, outdoor workers, pregnant women, and athletes are at a higher risk of heat-related illness. Take steps to keep cool and healthy. Rest often in the shade, wear light clothing, hat, sunglasses, and sunscreen with SPF 15 or higher. Drink plenty of water. Provide plenty of water. Watch for signs of heat illness: excessive sweating, tiredness and weakness, dizziness, headache and muscle cramps, nausea, vomiting, or fainting. Seek medical care immediately if you or someone you know shows signs of heat-related illness. Never leave a small child or pet in a car.
- Prevent the disease spreading insects such as ticks and mosquitoes this summer. Protect yourself by using insect repellent when outdoors, check for ticks daily, shower as soon as possible, and tumble clothes in a dryer for 10 minutes to kill ticks after coming indoors. Learn more at www.cdc.gov/ticks and www.cdc.gov/mosquitoes
- Prevent drownings by practicing water safety. Learn basic swimming and water safety skills. Swim lessons are offered at most local pools. Never leave a child alone. Learn CPR. Do not swim alone. Wear a life jacket. Build fences around pool.

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