

Health Department



UV Safety Month

Jamie Boe, EAO Community Health Advocate

July is Ultraviolet Safety Month. In the summer months, it's especially important to remember to protect our eyes and skin from the side effects of UV rays. Over exposure can lead to cancers that can occur in our skin, lips and even in our eyes. Lengthy exposure to UV rays, whether it's natural or artificial like in a tanning bed, can cause most skin cancers, including melanoma, basal cell and squamous cell cancers. People who spend too much time in the sun can also experience premature aging of the skin, which can lead to wrinkles and leathery skin. Too much UV exposure can cause a weakened immune system in people, causing vaccines to become less effective. Many of us have experienced a sunburn at some point in our lives. Sunburn can be very painful and very dangerous, but the good news is these things are preventable if we take precautions.

- **Use sunscreen:** The U.S. Food and Drug Administration (FDA) recommends that each person wear sunscreen with a sun protection factor (SPF) of at least 15 and it should cover both UV-A and UV-B rays.
- **Cover up:** Wear proper clothing such as pants, long-sleeved shirts, hats and sunglasses to protect you from harmful rays.
- **Stay in the shade:** Midday the sun is at its most intense, try staying in a shaded area from 10 a.m. to 4 p.m. to help protect your skin.

For more information, visit

<https://www.aao.org/eye-health/tips-prevention/sun>

Harm Reduction Program Update

Harm Reduction has been doing tons of outreach in the last six months! We wanted to share a few updates and numbers with you.

We held 10 Lunches to reach out to the community during the cold days to come get a warm meal and to get HIV and Hep C testing.

We served approximately 376 community members and had major outreach through these lunches. We had community members tell us thank you and how bad we needed this in our community. They were excited to hear about what we were going to have the next week.

We had six houseless people reach out to us for assistance! That was amazing to reach out and let our community know we are here for them.

A lot of the community was relying on us being there every week, including our youth who would come by during their lunch. They would come by and talk with us about their day and how they were excited for what was happening that day and weekend. It was great to communicate with so many of our community members and hear them tell us what their thoughts were and what they wanted or needed.

We held 12 HIV and Hep C testing events and tested approximately 20 people. We even held a testing event at our Elder Honor Day at the casino and had two elders test! A lot of them thought I was checking blood sugar levels.

We have held five CEDARR lunches and two CEDARR dinners.

We have met four times for Youth Prevention work groups.

We have met four times for Sacred Site Restoration Work Group.

Domestic Violence & Sexual Assault

Confidential - Culturally Specific - Advocacy Services

- We serve members of the Siletz community
- Enrolled members of any Tribe within our 11-county service area
- Siletz Tribal members in any location

Educating and empowering our community to live a healthy, non-violent lifestyle that strengthens spirit for future generations

CARE office line and DV Advocate:

541-444-9680

SA Advocate:

541-444-9615

Education/Outreach

541-444-9638



C - Community

A - Awareness

R - Respect

E - Empowerment



IN PERSON TALKING CIRCLE

EVERY THIRD THURSDAY
LOCATED IN BEHAVIORAL
HEALTH CONFERENCE ROOM
5:30PM
EMAIL CARE FOR ANY FURTHER
INFORMATION @
RACHELLEE@CTSL.NSN.US