

Notes from the Health Office

--- **A reminder to all parents: please pick up any medications, (prescription or over-the-counter), inhalers and epi pens by the last day of school, June 24th. This includes any medications sent in for the Sudbury Odyssey.**

Medications/inhalers/epi pens **cannot** be stored at the school over the summer, therefore, items not picked up will be disposed of.

--- As many of you know, summer camps are a "breeding ground" for **lice**. Since head lice are most readily transmitted by direct head-to-head contact, camps where children share sleeping quarters may allow for easier spread. If your child is attending sleep away camp, please encourage the camp to check all campers upon entering camp for head lice to help prevent any spread. Please check your children for head lice upon returning from overnight camp.

Sun Exposure

Unprotected sun exposure and skin cancer is a serious threat to children.

Immediately, they may have a painful, blistering sunburn. Later in life, they may develop skin cancer and or cataracts as a result of excessive sun exposure.

Researchers estimate that 80% of skin cancers could be prevented by using protection from the sun's rays. For children, avoiding sunburn during childhood and adolescence is very important in reducing the risk of skin cancer when they are adults. This makes total sense since **people may receive up to 80% of their life's total exposure to UV light by the age of 18.** There are many steps parents can take to safeguard children from these health risks.

Make sure you and your children:

1. Wear a hat.
2. Wear protective clothing, including sunglasses. Do not buy inexpensive sunglasses for your children without UVA and UVB protection. Darkening sunglasses without UVA and UVB protection will cause the pupil to dilate and allow **more** harmful rays into the eye.
3. Always use a sunscreen with **SPF 15 or higher**.
4. Limit direct sun exposure between 10 a.m. and 4 p.m.
5. Watch the UV index., calculated by the National Weather Service.
6. Avoid sunlamps and tanning parlors. (teenagers love these!)

Francis Renna, M.D., Chief of Dermatology at Newton Wellesley Hospital, offers the following sunscreen recommendations:

1. Use "**broad spectrum**" **sunscreens** that protect against short UVB and long UVA wavelengths with one of the following ingredients:

---**Zinc Oxide** is formulated in an invisible cream or lotion, which blocks rather than absorbs the sun's rays, allowing it to work longer to protect your skin. **Blue Lizard** brand and **Coppertone Spectra-3** are excellent choices, along with other brands that contain zinc oxide. **Titanium dioxide** is another blocking sunscreen ingredient found in some brands.

---**Parsol** (Parsol 1789 or Avobenzone) absorbs the sun's rays. For active people, Coppertone Sport has added resistance to sweat and water. Sunlight reduces the

effectiveness of Parsol during hours of exposure, so it is important to reapply any Parsol sunscreen every 2 hours for maximum protection.

2. Tips for applying sunscreens:

---Apply your sunscreen at least 20-30 minutes before going outside to allow full absorption. A good time is first thing in the morning after bathing and before getting dressed. **It is extremely important to apply sunscreen to dry skin to preserve its water resistant action.**

--- Spread sunscreen on liberally. About enough to fill a shot glass is the amount to cover every exposed surface, including both sides of the ears, the exposed scalp, behind the ears and the entire neck.

---Reapply your sunscreen every 2 hours for maximum protection in the bright sunshine and right after swimming or sweating heavily. No sunscreen provides waterproof/all day protection.

---Sunscreens should be one vital part of a **Comprehensive Sun Protection Program**, along with clothing, UV-blocking sunglasses, hats, shade, and sun avoidance between 10 a.m. and 4 p.m.

It has been an absolute pleasure working with such fantastic children and their parents. Thank you and have a **wonderful and safe** summer and remember **HELMETS, HELMETS, HELMETS!**

Anne Chabot, R.N.
Nixon Health Office