

*Macoupin County Maple Street*

## **School Linked Health Center**

*Volume 4, Issue 2*

*Spring 2016*

### **Summertime Fun in the Sun**

#### **10 Tips for Parents to avoid sun's harmful rays!**

Summertime fun is right around the corner and as the weather warms up kids are going to want to spend more and more time outdoors. Blistering sunburns during childhood significantly increase the risk of developing skin cancer later in life. So here's my top 10 tips to avoiding the sun's harmful rays while still enjoying the beautiful weather!

- **Keep babies out of direct sunlight.** Use a sunscreen with at least 15 SPF (AKA sun protection factor) with UVA and UVB protection. Use sunscreen on infants face and back of hands, any-

where where clothing does not cover.

- **Start educating your kids about sun safety now!** Getting them in the habit of using adequate sunblock and when to reapply will give them a lifetime of safe sun safety practices.
- **Read your labels!** If your sunscreen says, "water resistant" that means it will maintain its SPF for 40 minutes in the water. If your sunscreen says, "very water resistant" that means it will maintain its SPF for 80 minutes in the wa-

ter.

- **Reapply regularly!** Excessive perspiration, towel drying, and water can remove the SPF.
- Certain diseases such as lupus, some medicines such as antibiotics, antihistamines, and acne creams, and even some over-the-counter herbs can make a **person more sun sensitive.**
- For best protection **wear a hat!** A canvas hat with a wide brim that covers the ears and the back of the neck works best to avoid sun exposure. Straw hats contain little holes that those UVA and
- A typical **t-shirt offers less than 15 SPF.** A wet t-shirt offers less protection than a dry t-shirt and a dark colored t-shirt provides more coverage than a light colored t-shirt.
- **Check the expiration date on your sunblock!** Throw it away if you've had it for more than 3 years.
- **Seek shelter** under an umbrella, tree, or other type of shade to reduce skin damage. But remember to still use sunblock even if you're in the shade!



### **The Maple Street School Linked Health Center**

is linked to the Southwestern, Bunker Hill, Gillespie, Carlinville, & Mt. Olive School Districts. It is located at 109 E Maple St, Gillespie, Illinois 217-839-1526  
Open Monday through Friday 8 a.m. to 6 p.m.



Continued from page 1

There is no safe tan from the sun. If your skin has changed a color from its normal color, you have gotten sun damage.

Remember to plan ahead and bring your sunblock, shades, sunglasses, hat, and cover-up! And as always, you are welcome to stop by the Macoupin County Health Department in Carlinville or the Maple Street Clinic in Gillespie if you have any questions for the health care providers or if you want a skin examination.

For more information go to [www.cdc.gov](http://www.cdc.gov)



## WIC TO 5

Did you know that you can enroll your child in WIC at anytime up to the age of 5? Many parents think that WIC just supplies formula for babies. The truth is WIC helps grow healthy kids. Call 217-854-7272 for more information.

# Maple Street Health Center

## Medical, Dental, Behavioral Health

A School Health Center helps students stay healthy and in school. This is a partnership that benefits student, parent, school and community.

The Maple Street School Linked Health Center, located at 109 E. Maple Street in Gillespie, is a state-certified model of care and staffed by a team of qualified providers (doctor, psychia-

trist, physician assistants, nurse practitioners, dentists, counselors, nurses, dietitian, and health educators.)

The Health Center serves children ages 3 to 19 that are enrolled in participating school districts. To receive medical or dental services a child must be enrolled in the School Linked Program.

## Don't Delay Preparing for School

### Call to Make Health Appointments today

The Maple Street Staff is ready to assist you and your family in preparing for the 2016-17 school year.

Kelsey, Donna, and Chris are taking appointments now for school and sport physicals. They are also available to help students create individualized asthma plans, diabetes management plans or to evaluate nutritional concerns.

Nursing staff are currently taking appointments for immunizations. Call 217-839-1526 to make an appointment at the Maple Street



Clinic in Gillespie or call 217-854-3223, ext. 227 to make an appointment at the Public Health clinic in Carlinville.

Dental exams are recommended for children age one and older. Call 217-839-4100 to make a dental appointment.

### Need a ride to the Maple Street Clinic

Having difficulty getting to the clinic. The Macoupin County Public Transportation Program will transport you and your family to the Health Center free of charge. Call 877-600-0707 (toll free) or 217-839-4130 to schedule a ride to the clinic.

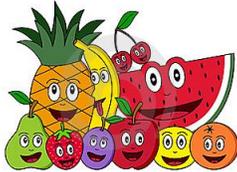
# 5,4,3,2,1, GO!®

## Your Countdown To Great Health!

By Donna Rasmussen, PA-C

With summer in full swing, most of us (and our families) are getting more physical activity due to being outside. But creating and maintaining overall health requires a multifaceted approach all year long. The 5,4,3,2,1, GO!® program is made up of simple guidelines any of us can follow. This program was originally created by the *The Consortium to Lower Obesity in Chicago Children*. However, whether you are young or old, this program provides easy guidelines to follow in order to improve your health. Here is what you need to know:

**5** or more servings of fruits and vegetables each day



**4** or more glasses of water each day

**3** or more servings of low fat dairy each day



**2** hours or less of screen time each day (computers, cell phones, TV, video games, etc.)

**1** hour minimum of physical activity each day.



In my practice as a medical provider, parents ask me what they can do to keep their children healthy...and often they are surprised by my answer. The best way to keep your children healthy is to **be the example** of what you want for them. That's why the 5,4,3,2,1 Go!® program is one I talk about often. It applies to people of all ages, and children as young as 3 years old can understand the basic concepts. In short, these guidelines can apply to the entire family, so no one has to go it alone.

If you want to raise healthy children who develop good habits for life, you as a parent need to be eating healthy, getting at least 30 minutes of sustained activity most days of the week, and drink plenty of water...not juice, not soda, not sweet tea. Your kids look up to you, learn from you, and will copy your habits, both the

good ones and the not so good. So show them the way through your own behavior. Make walking outside a family activity. Teach your kids the basics of cooking. Expand the family palate through trying new and different fruits and vegetables. Show your children that a fast food dinner is a once-in-a-while treat, not a daily habit. Through your example, your kids will develop habits over time to keep them healthy and happy. Then, in turn, your children can pass a healthy legacy along to your future grandchildren.

**Maple Street Clinic  
staff includes  
a dietician,  
a nutritionist,  
and several  
health educators.  
Call 217-839-1526 for  
more information  
or to make  
an appointment**

