



**"GWALLA XA HAMATTALLA"**

*'Helping our people'*

# **K'OMOKS HEALTH CENTRE**

## **August/ September 2020 NEWS**

**3320 Comox Road, Courtenay, BC V9N 3P8**

**Phone: 250-339-6591 Fax: 250-339-6593**

**Office Hours: 8:30 am – 4:30 pm - Closed for Lunch 12:00 – 1:00 pm**



# K'OMOKS KDC HEALTH

## STAFF SCHEDULES

Phone 250-339-6591 Fax 250-339-6593 - Office Hours 8:30 - 4:30pm

Lunch Break 12:00 - 1:00pm

**Ken Bell - Community Wellness Worker - Tuesdays & Thursday**

Email: [ken.bell@kdchealth.com](mailto:ken.bell@kdchealth.com)

**Natalie Crawford - Clinical Counsellor - by appointment**

Email: [natalie.crawford@kdchealth.com](mailto:natalie.crawford@kdchealth.com)

**Jordan Campbell – Clinical Counsellor – Fridays**

Email: [jordan.campbell@kdchealth.com](mailto:jordan.campbell@kdchealth.com)

**Tami Compton - Community Health Representative – Monday - Friday**

Email: [tami.compton@kdchealth.com](mailto:tami.compton@kdchealth.com)

**Kathleen Power - Registered Dietitian -by appointment -1-866-286-9766**

Email: [kathleen.power@kdchealth.com](mailto:kathleen.power@kdchealth.com)

**Tanille Johnston- Patient Health Care Navigator- by appointment**

Email: [tanille.johnston@kdchealth.com](mailto:tanille.johnston@kdchealth.com)

**Jacey Dick - CHHN – Tues, Fri- by appointment - 250-339-6591**

Email: [jacey.dick@kdchealth.com](mailto:jacey.dick@kdchealth.com) Off on Leave

**Pamela Mitchell – Site Admin. Coordinator – Monday - Fridays**

Email: [receptionkom@kdchealth.com](mailto:receptionkom@kdchealth.com)

**Our K'ómoks HAC representatives, if you have any questions or concerns for HAC please contact:**

**Barb Whyte ([bwhyte125@gmail.com](mailto:bwhyte125@gmail.com)) Fernanda Pare ([fern.pare@hotmail.com](mailto:fern.pare@hotmail.com))**

# SUN SAFETY TIPS



1. Slip Slop Slap
2. Make friends with your hat
3. Protect your face
4. Spend time in the shade
5. Drink up

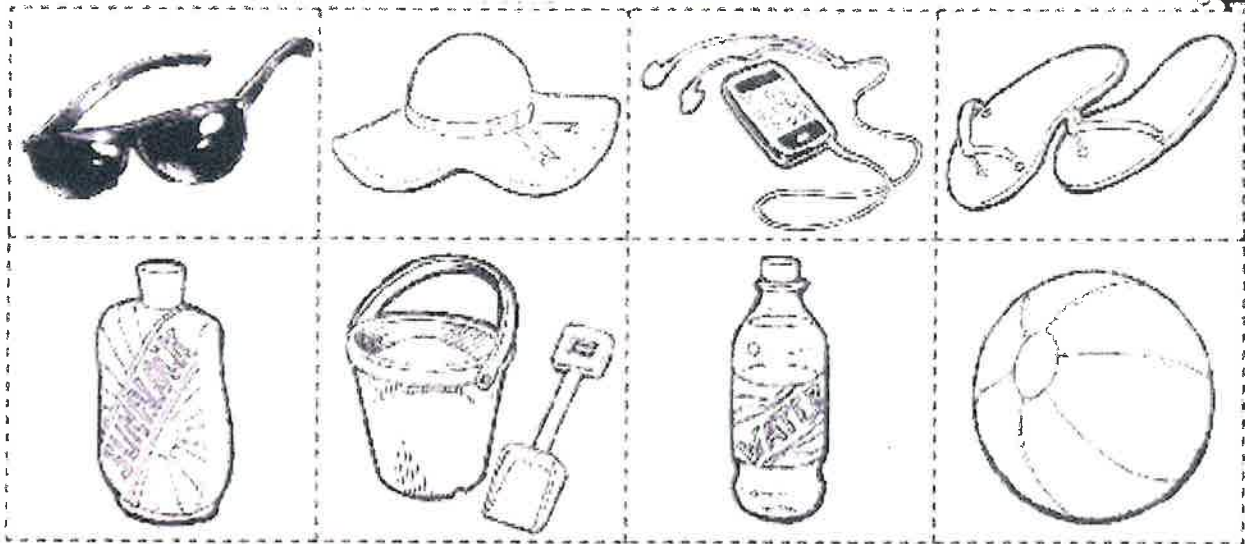
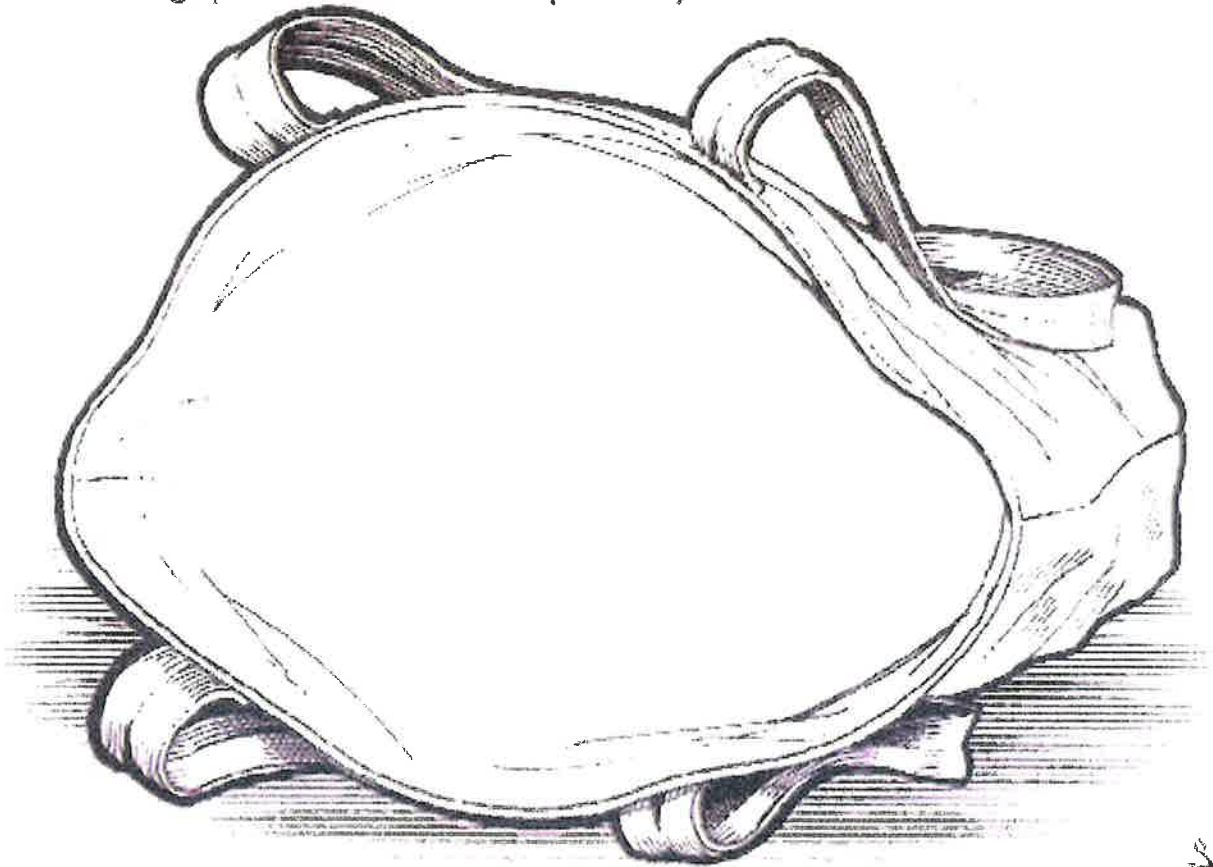


Name .....

Date .....

# Sun Safety

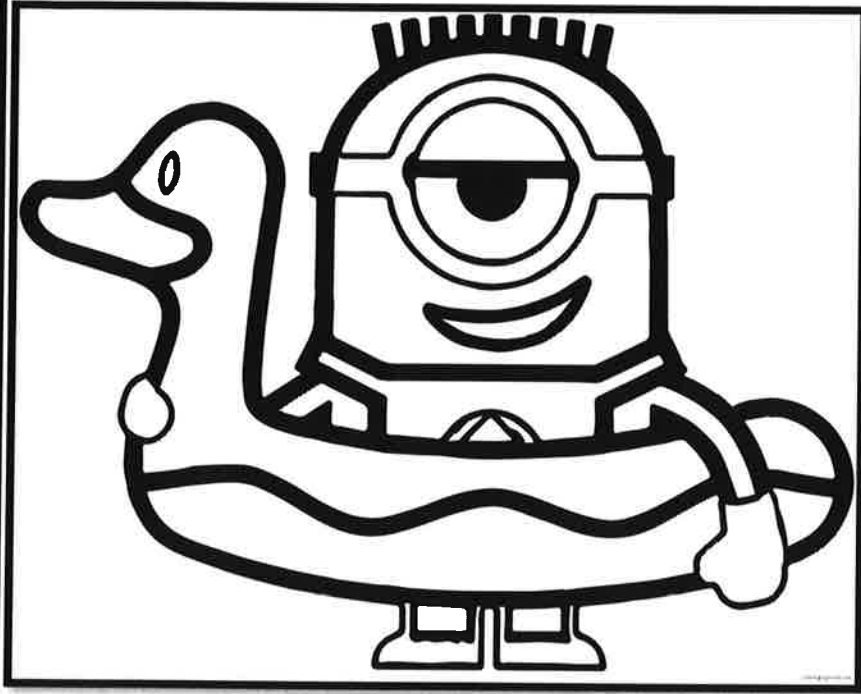
Do you know how to stay safe in the sun? Cut out the pictures. In the beach bag, paste items that will protect you from the sun.



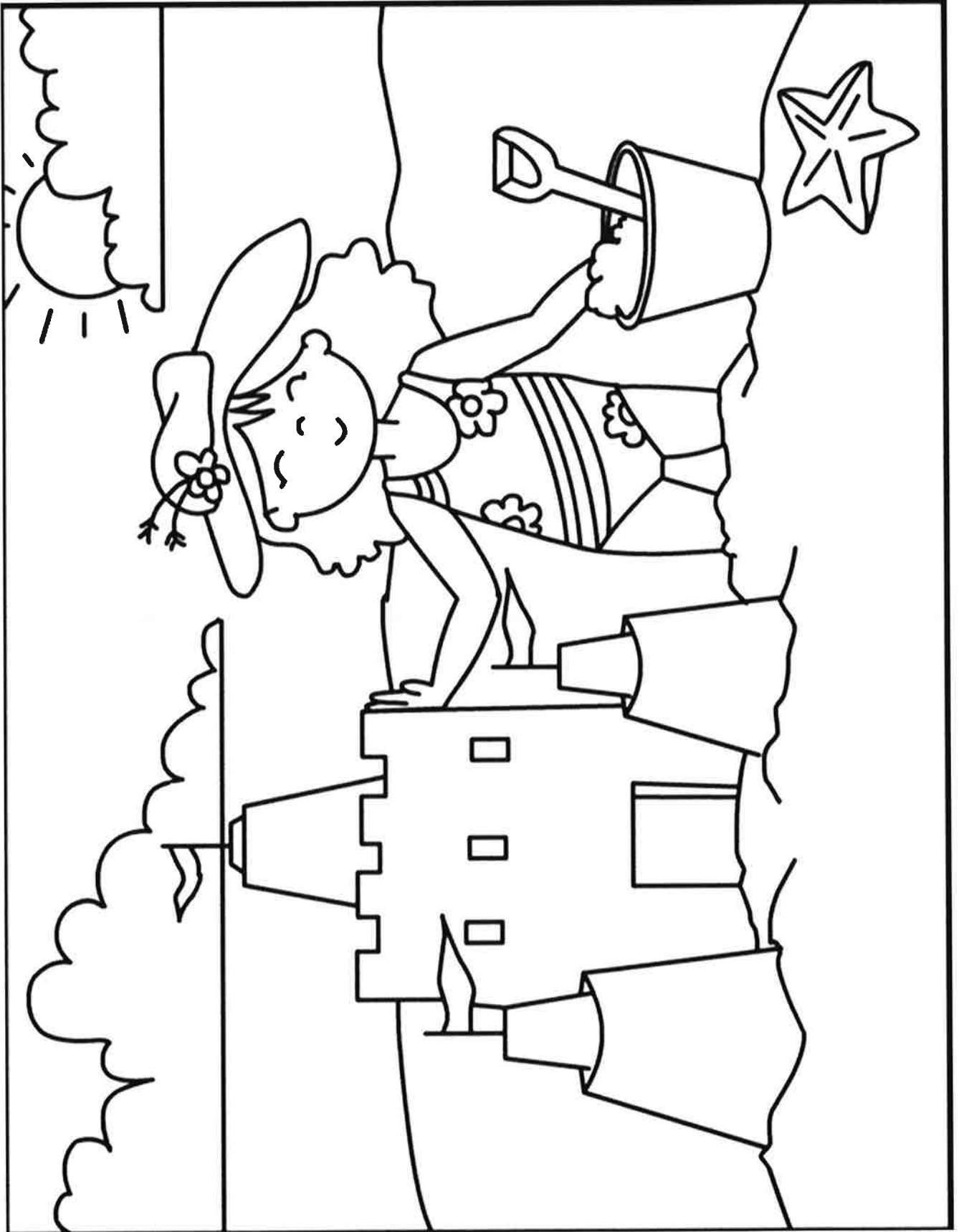
# Kids Contest

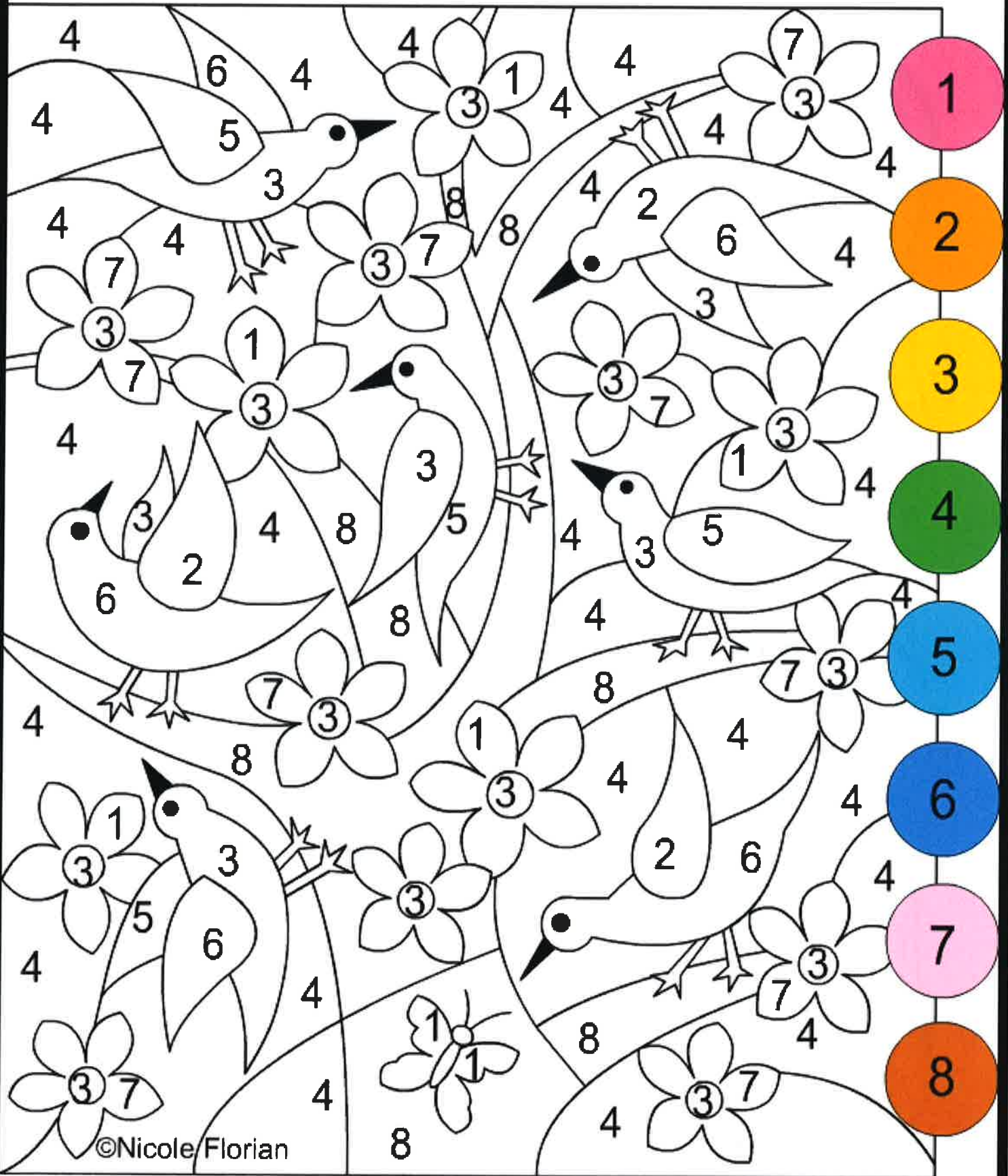
Ages 0-10

Tell us in a letter or note, or draw us a picture to let us know what you do to protect yourself from the sun. Drop off at KDC Health Centre by Aug, 28/20 and be entered to win a gift card!

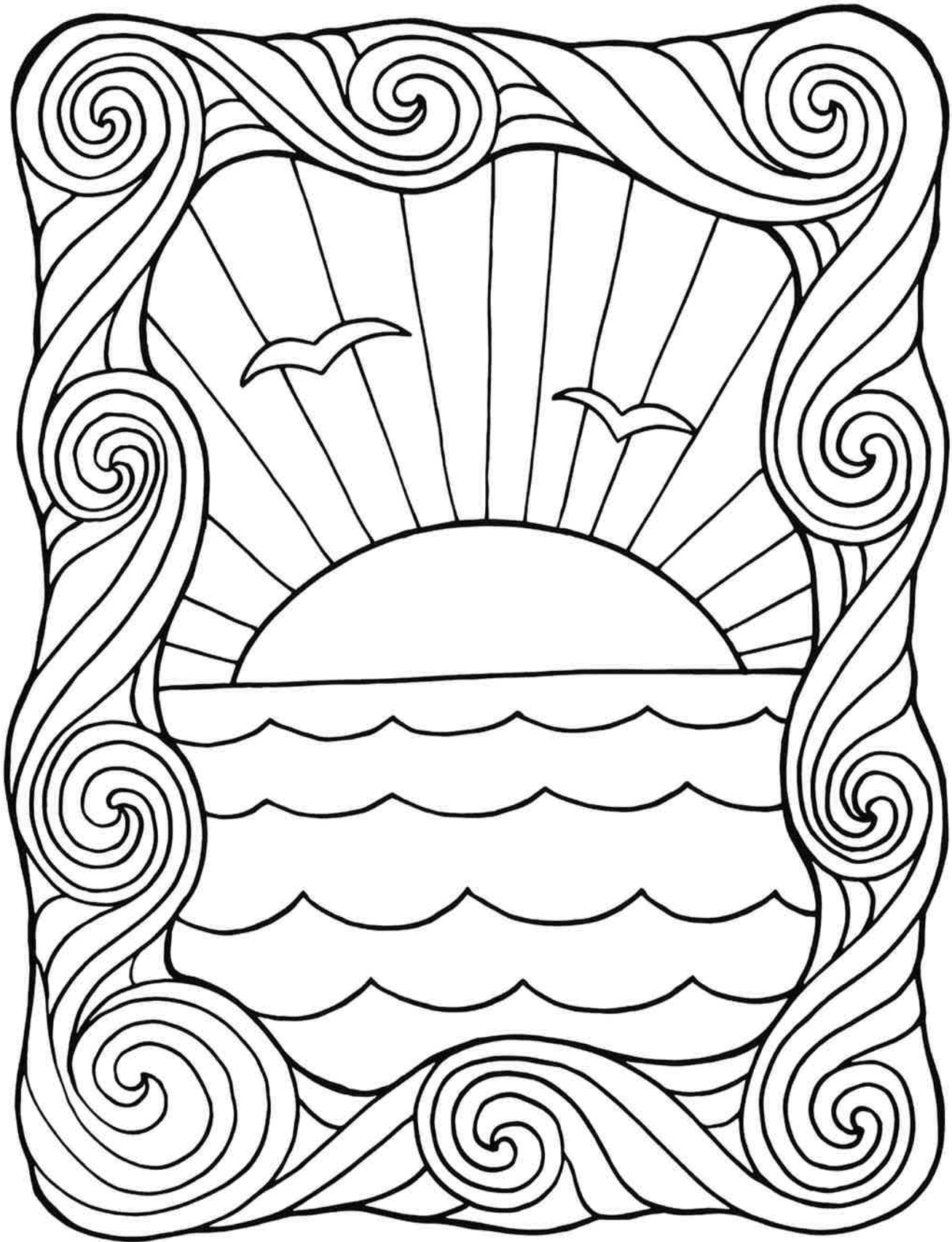


^^Colour me!!!^^





©Nicole Florian





When kids are outdoors, it's important to protect their skin to prevent melanoma and skin damage from too much sun exposure.

Here's how to help kids enjoy fun in the sun safely.

## Why Is Sun Protection Important?

We all need some sun exposure. When skin is exposed to the sun, our bodies make [vitamin D](#), which helps the body absorb [calcium](#) for stronger, healthier [bones](#). It only takes a little time in the sun for most people to get the vitamin D they need (and most vitamin D needs should be met with a healthy diet and/or supplements).

Too much unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage, [immune system](#) suppression, and skin cancer. Even people in their twenties can develop skin cancer.

## How Do Sunburns Happen?

The sun radiates light to the earth, and part of that light consists of invisible UV rays. When these rays reach the skin, they cause tanning, burning, and other skin damage.

- **UVA rays** cause skin aging and wrinkling and contribute to skin cancer, such as [melanoma](#) (the most dangerous form of skin cancer). UVA rays pass easily through the ozone layer, so they make up the majority of our sun exposure.
- **UVB rays** are also dangerous, causing sunburns, cataracts (clouding of the eye lens), and effects on the immune system. They also contribute to skin cancer, and melanoma is thought to be associated with severe UVB sunburns before age 20.

UV rays react with a chemical called **melanin** that's found in skin. A sunburn develops when the amount of UV exposure is greater than what can be protected against by the skin's melanin. The risk of damage increases with the amount and intensity of exposure. A tan is itself a sign of skin damage and does not help protect the skin.



## **Who Needs Sun Protection?**

Every child needs sun protection. The lighter someone's natural skin color, the less melanin it has to absorb UV rays and protect itself. The darker a person's natural skin color, the more melanin it has. But both dark- and light-skinned kids need protection from UV rays because any tanning or burning causes skin damage.

Here are the key ways to protect kids' skin:

### **Use Sunscreen**

The American Academy of Dermatology (AAD) recommends that all kids — regardless of their skin tone — wear sunscreen with an SPF of 30 or higher. Whatever sunscreen you choose, make sure it's broad-spectrum (protects against both UVA and UVB rays) and, if kids are in or near water, is labeled water-resistant. Apply a generous amount and re-apply often.

### **Avoid the Strongest Rays of the Day**

Try to stay in the shade when the sun is at its strongest (usually from 10 a.m. to 4 p.m. in the northern hemisphere). If kids are in the sun during this time, apply and reapply sunscreen — even if they're just playing in the backyard. Most sun damage happens from exposure during day-to-day activities, not from being at the beach. Remember that even on cloudy, cool, or overcast days, UV rays reach the earth. This "invisible sun" can cause unexpected sunburn and skin damage.

### **Cover Up**

One of the best ways to protect skin is to cover up. To make sure clothes offer enough protection, put your hand inside garments to make sure you can't see it through them.

Babies have thinner skin and underdeveloped melanin, so their skin burns easily. The best protection for babies under 6 months of age is shade, so they should be kept out of the sun whenever possible. If your baby must be in the sun, dress him or her in clothing that covers the body, including hats with wide brims to shadow the face. If your baby is younger than 6 months old and still has small areas of skin (like the face) exposed, you can use a tiny amount of SPF 15 sunscreen on those areas.

Even older kids need to escape the sun. For outdoor events, bring along a wide umbrella or a pop-up tent to play in. If it's not too hot outside and won't make kids even more uncomfortable, have them wear light long-sleeved shirts and/or long pants.

### **Wear Sunglasses**

Sun exposure damages the eyes as well as the skin. Even 1 day in the sun can lead to a burned cornea (the outer clear membrane layer of the eye). Sun exposure over time can cause cataracts (clouding of the eye lens, which leads to blurred vision) later in life. The best way to protect eyes is to wear sunglasses that provide 100% UV protection.

Let kids pick their own pair — many options are fun, with multicolored frames or cartoon characters.

### **Double-Check Medicines**

Some medicines make skin more sensitive to UV rays. Ask your doctor or pharmacist if any prescription (especially antibiotics and acne medicines) and over-the-counter (OTC) medicines your kids take can increase sun sensitivity. If so, take extra sun precautions. The best protection is simply covering up or staying indoors; even sunscreen can't always protect skin from sun sensitivity.

### **What if My Child Gets a Sunburn?**

When kids get sunburned, they usually have pain and a sensation of heat — symptoms that tend to get worse several hours after sun exposure. Some also get chills. Because the sun has dried their skin, it can become itchy and tight. Sunburned skin begins to peel about a week after the sunburn.

Encourage your child not to scratch or peel off loose skin because skin underneath the sunburn is at risk for infection.

To treat a sunburn:

- Have your child take a cool (not cold) bath, or gently apply cool, wet compresses to the skin to help ease pain and heat.
- Apply pure aloe vera gel (available in most drugstores) to any sunburned areas.
- Give your child an anti-inflammatory medicine like ibuprofen or use acetaminophen to ease the pain and itching. (**Do not give aspirin** to children or teens.) Over-the-counter diphenhydramine also may help reduce itching and swelling.
- Apply moisturizing cream to rehydrate the skin and treat itching. For the more seriously sunburned areas in kids over 2 years old, apply a thin layer of 1% hydrocortisone cream to help with pain. (Do **not** use petroleum-based products, because they prevent excess heat and sweat from escaping. Also, avoid first-aid products that contain benzocaine, which may cause skin irritation or allergy.)

If the sunburn is severe and blisters develop, call your doctor. Tell your child not to scratch, pop, or squeeze the blisters, which can get infected and cause scarring.

Keep your child out of the sun until the sunburn is healed. Any further sun exposure will only make the burn worse and increase pain.

### **What Else Should I Know?**

The intensity of the sun's rays depends upon the time of year, as well as the altitude and latitude of your location. UV rays are strongest during summer. If you travel to a foreign country during its summer season, pack or buy the strongest sun protection you can find.

Extra protection is also a must near the equator, where the sun is strongest, and at high altitudes, where the air and cloud cover are thinner. Even during winter months, if your family goes skiing in the mountains, be sure to apply plenty of sunscreen; UV rays reflect off both snow and water, increasing the risk of sunburn.

And be a good role model by always using sunscreen, wearing sunglasses, and limiting your time in the sun. You'll reduce your risk of sun damage and teach your kids good sun sense.

**Reviewed by:** Kate M. Cronan, MD

Date reviewed: October 2017

# Sun Safety for Children

HealthLinkBC

## Is the sun harmful to children?

Children have sensitive skin that can easily be damaged by exposure to ultraviolet (UV) radiation (rays) of the sun, even on cloudy or overcast days. Too much sun exposure can cause sunburns, heat stroke/heat exhaustion, skin cancers, cataracts and other eye diseases. During the warm summer months, a child's sensitive skin can also be burned by touching hot surfaces such as the pavement, outdoor metal slides or car doors.

Research has shown that exposure to UV radiation can also affect the immune system, leading to greater risk of infections and reduced vaccine effectiveness. The sun can also cause premature aging and damage to skin.

Given outdoor play, much of our exposure to UV rays occurs before we are 18 years of age. By the time we are adults, many of us have soaked up more than enough UV rays to cause skin cancer. By protecting children from sunburns and too much sun exposure, you can significantly reduce their risk of developing skin cancer.

## How can I protect my child from sun exposure?

Try to keep toddlers and children out of the sun during the peak hours of 10 a.m. to 4 p.m. This is when the sun is the strongest. When you are outside, look for trees and other naturally shady areas for children to play. If possible, use a sun umbrella if you can't find a shady spot. If you cannot keep your child out of the sun, make sure to protect their skin with "sun smart" clothing and sunscreen.

### Sun smart clothing

Encourage your child to be "sun-smart." Make sure they cover up with loose, appropriate clothes. Closely-woven cotton material offers natural protection from the sun. If you can see through the clothing easily, then UV rays can get through too. A long-sleeved shirt and pants are the best clothes to protect the skin. A wide-brimmed hat without ties, especially one that covers the neck, is recommended. Avoid baseball caps that do not shade the ears or back of the neck. You may consider purchasing lightweight, sun-protective swimsuits and hats that are specially designed for swimming and playing outside.

### Sunscreen

Dermatologists strongly recommend a sunscreen with UVA and UVB protection and a Sun Protection Factor (SPF) of 30 or more if you and your child are out in the sun. Use a lip balm with SPF 30 as well. Make sure to use products approved by the Canadian Dermatology Association (look for their name or logo on the label).

For a small number of children, the chemicals in some sunscreens can trigger a skin rash or burn when exposed to the sun. Do a patch test on a small area of skin before applying the product more widely, or use a mineral-based sunscreen that contains zinc or titanium to minimize the risk of a skin reaction.

Apply sunscreen 30 minutes before exposure to the sun so it is absorbed by the skin and less likely to rub or wash off. Apply the sunscreen according to instructions on the package and reapply every couple of hours,

after swimming, or following active play time. Swimmers and those who sweat heavily should use a waterproof lotion.

For children wearing bathing suits, make sure that sunscreen is applied up to and under the edges of the suit to protect sensitive areas, such as the upper thighs and chest. Pay particular attention to the ears, back of the neck, tops of feet and the back of the knees. Be careful when applying sunscreen near the eyes. It can be irritating, so avoid the upper and lower eyelids.

Sunscreens, like many other products, have a limited shelf life and become less effective over time. Check the expiry date of old sunscreen containers and replace them if they are out of date.

## Do I need to take extra precautions to protect my baby from the sun and heat?

Yes. Babies younger than 12 months of age are especially sensitive to UV radiation and heat. It is safest to keep babies younger than 12 months out of the sun. Try to find or create shade for your baby if you are going to be outside. Use a stroller with a sunshade if possible. If your baby must be in the sun, you can apply sunscreen to small areas of skin that aren't covered by clothing or a hat. Sunscreen is not recommended for babies less than six months of age as they can rub it in their eyes and mouth. Make sure to use a sunscreen approved by the Canadian Dermatology Association.

Do not let your baby get dehydrated or overheated. Make sure your baby is well hydrated in hot weather by offering breastmilk or something to drink every hour or so. Never leave your child alone in the car.

## Should I protect my child's eyes from the sun?

Yes. The same UV rays that harm your child's skin can also injure their eyes. Babies and children are particularly at risk. Standards for sunglasses have improved, and most brands are effective at screening or reflecting ultraviolet rays. Look for sunglasses that provide 99 to 100 per cent UVA and UVB protection.

When buying sunglasses, see how well they cover the eyes. Large lenses, glasses that fit well, and a wrap-around design all help protect against damaging UV rays. Have your clear plastic or glass corrective lenses checked for UV protection.

## What are other risks?

Skin cancer can develop in any skin type. Be extra careful with children who are fair-skinned and/or who have blond or red hair. They are more likely to burn easily and are most at risk of developing skin cancer later in life.

Most of the sun's damaging UV rays can penetrate light cloud cover and haze, so remember to protect your child even if it is cloudy or does not feel hot.

UV rays reflect off many of the surfaces around us. Up to 80 per cent of the sun's UV rays can be reflected off snow. Concrete, sand and water reflect less than 20 per cent. Children always need to be "sun-smart" whether they are skiing, swimming, playing or walking outdoors.

## What are other sun safety tips?

Protect your child's skin at all times, and try to stay indoors or in the shade during the hottest time of day (10 a.m. to 4 p.m.).

If you have to go out in the sun without protective clothing, use sunscreen. Do not forget to apply it to ears, nose, and neck.

Sunscreen is intended to enhance protection during periods of sun exposure – not to increase time of sun exposure.

Do not wait for signs of sunburn to get your child out of the sun, Sunburns do not usually show up for 6 to 24 hours.

A tan does not provide enough protection against the sun's rays. Actually, having a tan means that your skin has been damaged already by UV radiation.

Teach children to be "sun-smart" and to protect themselves against exposure to the sun.

Encourage your child to drink plenty of water.

Indoor tanning beds and/or sun lamps are regulated by provincial law that does not allow children under 18 years old to use them. At any age, these devices damage your skin the same way UV radiation from the sun does.







**August 19, 2020**

## **EMPLOYEE ANNOUNCEMENT**

Dear Staff and Community,

Please join in welcoming Victori John as the Medical Officer Assistant for KDC Health. She will be working 35 hrs/week, at the Campbell River KDC Health Center.

Victori has worked with KDC Health as the Quinsam Site Administrator.

We also welcome Mariah Smith as the new Quinsam Site Administrator. She will be working 35 hrs/week, at the Quinsam KDC Health Center.

With their experience, education and passion for working with First Nation's people and communities they will be a welcomed addition to the Medical Team and Quinsam Administration Team.

We look forward to working and celebrating successes with both of you.

Kim Roberts, Health Director

Kwakiutl District Council Health



**August 19, 2020**

## **EMPLOYEE ANNOUNCEMENT**

Dear Staff and Community,

We are happy to report that we have a *Healing Program Planner* commencing employment on July 20, 2020. Please join in welcoming Lisa Day to this full time one (1) year term position.

We are also happy to report that we have a *Crisis Mapping Coordinator* commencing employment on August 17, 2020. Please join in welcoming Coral Duncan to this full time one (1) year term position.

Lisa and Coral will be spending the majority of their time within the communities. They look forward to connecting with you in the near future.

Lisa and Coral will be a welcomed addition to the KDC Health Team.

We look forward to working and celebrating successes with you.

Kim Roberts, Health Director

Kwakiutl District Council Health