

# EXTENSION

## HOME FRONT

# Use these simple clothing tips for sun protection

The sun provides energy and visible light that are necessary for our survival. However, what we don't see are the harmful ultraviolet (UV) light waves that can damage our skin.

When properly applied, sunscreen can protect our skin from these rays for a certain amount of time based on its SPF (sun protection factor). In addition to sunscreen, our clothing can also provide significant protection. This rating is called the UPF (ultraviolet protection factor).

Clothing's UPF is based on how the fabric is made or whether it is treated with a special finish that deflects UV rays. UPF ratings may be included on the garment label or tag, and these numbers relate to the percentage of available UV radiation that can pass through the garment:

— 50+ UPF = Excellent protection (less than

2% of UV rays can pass through)

— 30 UPF = Good protection (about 3% of UV rays can pass through)

— 15 UPF = Minimum protection (about 7% of UV rays can pass through)

In addition to the UPF rating, consider these other clothing characteristics:

— Darker, vivid-colored clothing offers more protection. Compared to light or white clothing, darker colors absorb more UV rays, preventing them from passing through to the wearer. For example, a white t-shirt has a 5 UPF, which means approximately 20% of UV rays can pass through the clothing, whereas a dark-colored shirt has a much higher UPF.

— Look for denser or more tightly woven or knit fabrics. These fabrics limit the amount of light that can pass through.

— Garments made with synthetic fibers such

as polyester or nylon are more likely to reflect UV rays. Untreated natural fibers – such as cotton – absorb UV rays.

— Avoid clothing that is too tight or that stretches. Gaps in the fabric may allow UV rays to pass through.

— Wet clothing offers less protection. Changing clothing for activities that involve water may be beneficial. Clothing created or treated to offer sun protection may become less effective over time because of frequent wearing and washing.

— Follow the care label's laundering instructions for optimal results. If the care label is illegible, try these basic tips: rinse UPF bathing suits after each use; wash in cool water, by hand, or on a delicate machine cycle; use mild detergent; and dry on low or air dry while avoiding direct sunlight.

Contact your local Laurel County Extension office for more resources, tips and information to help you and your family continue to make healthy decisions.



**Lora Davidson**  
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## AG LINE

# Preventing heat-related illnesses

Some things are for certain about Kentucky summers – they are going to be hot and humid. When heat and humidity come together, they can increase your risk of experiencing a heat-related illness like heat cramps, heat exhaustion or sometimes deadly heat stroke. Fortunately, you can take measures to protect yourself and your workers from contracting these illnesses.

Heat-related illnesses occur when your body's temperature rises faster than you can cool yourself. These illnesses can be exacerbated by hot and humid weather, lack of wind, lack of shade, dehydration, not taking breaks, wearing improper clothing and consuming alcohol 24 hours before working outdoors. You can also experience a heat-related illness by working near a radiant heat source such as hot engines or machinery.

Heat-related illnesses can affect anyone regardless of their age or physical ability. New workers who are not used to working in hot, humid weather, workers with chronic health conditions and those over 60 years old may be more susceptible to contracting a heat-related illness. Certain medications including those used for colds, blood pressure control, dizziness and depression can lower your ability to tolerate heat and humidity. Recently experiencing a short-term illness, such as a gastrointestinal illness or cold, can increase your risk for getting a heat-related illness.

To prevent heat-related illness, you should plan strenuous outdoor ac-

tivities for the early morning or late evening hours, when temperatures are the coolest. Wear lightweight and light-colored clothing, which will reflect heat and help your body maintain a normal temperature. Stay hydrated by taking frequent water breaks. Take frequent rest breaks during the day in shaded or air-conditioned areas. Use sunscreen and avoid getting too much sun. A sunburn can make it harder to lower your body temperature. Work in groups, so you can monitor each other for heat-related illnesses.

Symptoms of a heat-related illness include a high body temperature, confusion, loss of coordination, sweating, skin that is hot and dry, throbbing headache, exhaustion, rapid heart rate, nausea, irritability, rapid breathing, muscle cramps and seizures.

If you suspect you or one of your employees has a heat-related illness, immediately get out of the sun and into a cool area. Lie down and loosen your clothing. Apply a cool, wet cloth to your body. Drink water. A severe heat-related illness, such as heat stroke, can be life threatening and requires prompt medical attention. In severe cases, call 911 or seek immediate medical attention.

More information on preventing heat-related illnesses is available on the National Institute for Occupational Safety and Health websites <https://www.cdc.gov/niosh/topics/heatstress/heatapp.html> or by contacting the Laurel County office of the University of Kentucky Cooperative Extension Service.



**Glenn Williams**  
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 P A U I U W A I L I U O E O S  
 E M R N P T O I X U T D T F M  
 L P L G N J U I D O B N T O G  
 E S D E B A A S E L D E E N Y  
 E T T E R U C X W U T S N V Q

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: SURGEON'S KNIFE

- |          |           |             |            |
|----------|-----------|-------------|------------|
| Cannula  | Endoscope | Otoscope    | Suture     |
| Clamps   | Forceps   | Oximeter    | Syringe    |
| Curette  | Nebulizer | Pipette     | Ventilator |
| Dialyser | Needles   | Stethoscope |            |

## STICKELERS

The words on the left are different from the words on the right for a very simple reason that has to do with the construction of the words. What is the difference?

chimps	biopsy	sponge	polka
glossy	chilly	urged	solid
	ghost	wronged	

## SOMETHING TO COLOR



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U	N	E	U	A	H	R	E	N	N	T	A	R
7	8	3	4	6	8	3	2	7	5	3	7	8
T	E	T	H	R	S	T	O	A	L	A	L	H
2	3	2	6	8	7	4	2	4	6	7	5	2
N	I	A	S	I	B	O	T	O	E	L	Y	U
3	2	6	4	3	6	4	2	7	5	6	5	6
N	R	N	S	G	V	E	E	O	Z	Y	E	Y
5	4	8	7	4	7	6	5	4	7	8	5	4
A	W	D	C	I	K	O	C	S	S	E	T	E
5	3	8	5	4	8	4	5	3	5	3	6	3
I	O	A	O	L	S	Y	N	A	S	L	U	S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

## HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Desk is wider. 2. Nose is smaller. 3. Blinds are higher. 4. Pocket is moved. 5. File cabinet is taller. 6. Desk lamp is different.

## Mini Jokes

**Walt:** Do you want to hear a joke about Wisconsin?  
**Winnie:** Only if it's not too cheesy!

The letters in the words on the left are all in alphabetical order. The words on the right are in reverse alphabetical order.

