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## (Neb.)-Sun Safety Program Targets Pools To Protect Youngsters And Families



By: Roxie Graham-Marski Posted at: 07/17/2013 12:44 PM

(PANHANDLE)-With summertime comes less clothes and extended periods of time out in the sun. The Panhandle Public Health District (PPHD) says skin cancer is the most common type of cancer in the United States with more than a million new cases diagnosed each year. However, 90% of all skin cancers can be prevented by protection from the sun's rays, or ultraviolet radiation. Eighty percent of total lifetime sun exposure is received during childhood, and kids receive three times as much ultraviolet radiation as adults do in a year.

PPHD has been implementing a sun safe program at pools across the Panhandle. 'Pool Cool' encourages sun safety among children, their families, and pool staff. PPHD Health Educator Janelle Hansen says, "Pool Cool has been shown to improve children's sun safety habits and sunscreen use, while also improving sun protection policies at swimming pools."

The program provides sunscreen to area pools, sun protection lessons, sun safety signs and posters, and poolside activities. PPHD is excited to once again partner again with University of Nebraska Medical Center College of Nursing students to meet with area pool staff and provide education and resources in an effort to encourage area children and families to practice good sun safety. The nursing students reinforce the importance of using sunscreen, wearing protective clothing, minimizing exposure and seeking shade whenever possible as key ingredients in avoiding sunburns and decreasing overall skin cancer risks.

For more information, visit [www.pphd.org](http://www.pphd.org) or call PPHD at 308-487-3600 or toll free at 866-701-7173.

The Panhandle Public Health District aims to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Their vision is a healthier and safer Panhandle community.

--Panhandle Public Health District