

ENJOYING SUMMER TO THE FULLEST WHILE STAYING HEALTHY!

Rouyn-Noranda, July 4th, 2018 — In order to take full advantage of the summer, the Public Health Department of the Centre intégré de santé et de services sociaux (CISSS) de l'Abitibi-Témiscamingue wishes to remind the public of some summertime prevention measures.

SUN EXPOSURE

Sunlight is good for your health, but overexposure to ultraviolet (UV) light increases the risk of sunburns, skin cancers and cataracts. Limit sun exposure as much as possible, including to children, during peak hours (between 10 am and 3 pm) or when the UV index is equal to or greater than three.

And when exposing yourself to the sun:

- Use a sunscreen with a sun protection factor (SPF) of 15 or higher on exposed parts of your body. Apply it at least 20 minutes before going outside;
- Wear UV protective sunglasses, to protect your eyes;
- Wear a wide brimmed hat to protect your head, face, neck and ears.

Swimmer's Itch

When swimming in a lake or river, it is possible for small microscopic larvae, cercariae, to occasionally cause itching of the skin and small red dots resembling an insect bite. This is swimmer's itch. Do not miss a swim! To avoid unpleasant effects:

- Move, swim, and do not stand still in the water for more than 10 minutes at a time;
- Rub vigorously with a towel as you come out of the water.

SPORTS FISHING

Eating fish is excellent for your health. It contains essential fatty acids that help prevent cardiovascular disease. However, some fish such as pickerel (walleye), pike, bass or lake trout can accumulate **mercury** in their bodies. In general, occasional consumption (two meals a month) or even an excess during successful fishing does not present a significant health risk. On the other hand, as a precaution, we do not advise **pregnant or breastfeeding women** to consume the fish species mentioned above. If you would like to know if a consumption restriction applies to the fish in the lake where you fish, consult the *Guide de consommation du poisson de pêche sportive en eau douce* from the Ministère du Développement durable, de l'Environnement et de la Lutte aux Changements climatiques (MDDELCC) at the following website www.mddelcc.gouv.qc.ca/eau/guide/index.htm.

RAGWEED

Ragweed is very present in the region, especially in Temiscamingue. Before it invades all the roadsides and wasteland, we must manage to control the development of this weed. Learn to identify it and pull it out if you spot it during your walks. A visit to this website will provide you with more information:

<https://www.quebec.ca/sante/conseils-et-prevention/sante-et-environnement/#c463>.

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