

## NEWS RELEASE

June 20th, 2023

For Immediate Release

Contact: Sarah Minnick, Program Manager 308-345-4223 [sarah@swhealth.ne.gov](mailto:sarah@swhealth.ne.gov)

### **Learn Sun Safety with Pool Cool**

Pool Cool is continuing this year in Southwest Nebraska Public Health Department (SWNPHD). This program works with local swimming pools to train pool staff to provide children with education about skin cancer and sun safety during their swim lessons.

Skin cancer is the most common form of cancer found in the United States; it accounts for nearly 1.3 million new cases of cancer each year. As the heat starts to bring the kids out of the house and into the pool, SWNPHD encourages residents to remember taking action to protect their skin now will help prevent skin cancer in the future.

“Most would think adding some sunscreen a couple times a day is enough, and even though it is a good start there are few more things we can all do to protect ourselves from the sun,” states Sarah Minnick, Program Manager with SWNPHD.

#### **Stay Safe in the Sun**

- Use sunscreen that has the proper sun protection factor (SPF) and reapply it every 2 hours.
- Wear coverings when outside such as hats, long sleeves, or pants.
- Seek shade.
- Avoid staying outside during the peak sun hours of 10 am to 4 pm.

The Pool Cool program manager, Sarah Minnick, has been visiting area swimming pools to increase awareness of sun protection practices with pool staff and pool users. SWNPHD will provide signage for the pools that can be used to educate swimmers and act as a reminder. “We will also be providing free sunscreen so if someone forgets to apply before arriving to the pool, they will have some readily available,” Minnick added. “Using the Pool Cool program that the National Cancer Institute has made available for area pools is a great tool to help educate all swimmers and pool employees on sun safety and preventing skin cancer.”

For more information call SWNPHD at 308-345-4223, one number, three locations. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. The website [swhealth.ne.gov](http://swhealth.ne.gov) contains many resources and additional information helpful to prevent disease, promote wellness, and protect health. You can also follow SWNPHD on Facebook, Instagram, and TikTok.

####