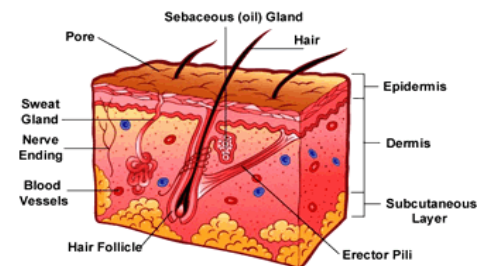


## Skin Health

### Tips to Keep your Skin Healthy & Clean

- Wash your face with soap or mild cleanser and water in the morning, evening, and after exercising. Clean skin means there is less chance of clogged pores that lead to acne – not only in the summer months, but year round. Frequent hand washing with soap and water will decrease your odds of catching – or spreading – a summertime cold or infection.
- If you get a cut or scratch while outside, be sure to properly clean and dress the wound with water and soap to remove dirt, keep germs away, and promote the healing process. Bacteria that produce tetanus toxin and may cause tetanus disease (lockjaw) are found in contaminated areas such as dirt or soil, on metal, and in animal intestines. If barefoot inside or outside, be sure to watch your step.
- Rinse off your body after swimming to remove salt or chemicals.
- Tetanus enters the body through a break in the skin, so avoid infection: keep wounds clean and bandaged.
- Tetanus vaccines are available and require a booster approximately every 10 years. Ask your physician if you're due for a booster.
- Use sunscreen and insect repellent when outdoors to protect your skin from sun exposure and insect bites. In general, the recommendation is to apply sunscreen first, followed by repellent. You can also apply insect repellent to your clothing, rather than directly to your skin.
- Always check yourself and children thoroughly for ticks after you have been outside. When you're outside with a pet, be sure to check your animal for ticks too.
- If you have moles on your skin and notice a change in color or size, contact a dermatologist to have the checked.



### Spending time in the sun?

#### Know the facts:

- UV rays are strongest between the hours of 10 am and 4 pm.
- Reflective surfaces (water, cement, and sand) increase your chances of getting burned by the sun's rays.
- You are just as likely to get too much sun on a cloudy or hazy day as you are on a sunny one. UV rays are strong enough to burn your skin even on cloudy days.
- Cover up with clothing to protect exposed skin. A long-sleeved shirt and long pants with a tight weave are best.
- Wear a wide brimmed hat and wrap around sunglasses that block both UVA and UVB rays.
- Seek shade, especially during the midday hours of 10:00 a.m. – 4:00 p.m. when UV rays are strongest.
- In addition to sunscreen with an SPF of 15 or higher, apply lip balm with an SPF factor.
- Avoid tanning salons.

Source: American Cancer Society

## COVIDIEN GROUP EXERCISE PROGRAM

Classes are located in building two and are offered at no cost to employees of Covidien. If you are interested in taking classes, please contact Susan McInnis at [smcinnis@fitnessmanagementresources.com](mailto:smcinnis@fitnessmanagementresources.com) for membership information.

### Come Relieve Work Stress!

Chair Massage  
Licensed Massage Therapist  
Joey Maione



When: July 14, 28 August 11 and 25  
Time: 10:00AM-3:00PM  
10 Minutes for \$12  
15 Minutes for \$18  
To Sign up, contact Joey at [keigancorp@gmail.com](mailto:keigancorp@gmail.com)

### Covidien Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
12:00-12:30 <b>Step</b> Marsha	12:00-12:30 <b>Beach Body Bootcamp</b> Tracy	12:00-12:30 <b>Kickboxing</b> Linda	12:00-12:30 <b>Step</b> Tracy	7AM-8AM <b>Zumba/core</b> Jeanette
12:30 -1:00 <b>Body Shop</b> Marsha	12:30-1:00 <b>Pilates</b> Tracy	12:30-1:00 <b>Yoga</b> Linda	12:30-1:00 <b>Body Shop</b> Tracy	
4:45-5:45 PM <b>Zumba/core</b> Jeanette	4:45-5:45 PM <b>Beach Body Bootcamp</b> Gail	4:45-5:45 PM <b>Step Intervals</b> Leanne	4:45-5:45PM <b>Cardio Circuit &amp; Yoga</b> Melanie	