

Tehama County Health Providers who accept Medi-Cal:

Lassen Medical Group — 527-0414

2450 Sister Mary Columba Dr., Red Bluff

Greenville Rancheria — 528-8600

1425 Montgomery Rd., Red Bluff

Red Bluff Medical Clinic — 528-2420

658 Washington St., Red Bluff

Cottonwood Medical Group — 347-4867

20633 Gas Point Rd., Cottonwood

Corning Medical Associates — 824-4663

155 Solano Street, Corning

Los Molinos Family Health — 384-2372

7883 Highway 99E, Los Molinos

****This is not a complete listing.****

**Call the health provider of your
choice today and ask if they accept
Medi-Cal clients.**

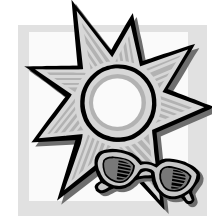
To find out about low and no-cost health insurance, contact Tehama County Social Services for Medi-Cal information at **527-1911** or the Medi-Cal/Healthy Families program at **1-800-880-5305**.



School Health 2008-2009 pamphlets are produced by the Tehama County Department of Education and reviewed by the county nurses.

SCHOOL HEALTH 2008-2009

Sunburns



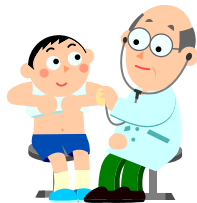
*A quick guide for students, parents
and educators on preventing and
treating sun damage*

What is a Sunburn?

Sun exposure happens when ultraviolet (UV) rays radiate from the sun down to earth. Our skin has melanin in it to protect us from sun exposure. A sunburn occurs when the UV exposure is greater than what our skin's melanin can protect us from. UV rays can reflect off water and snow, increasing your risk of sunburn.

You should visit the doctor if the child:

- Has burned skin that develops fluid-filled blisters
- Experiences dizziness, delirium, or faints
- Has difficulty seeing
- Develops a fever
- Vomits
- Seems dehydrated (increased thirst, high pulse, fatigued, dark yellow urine, etc...)
- Develops diarrhea



Remember to:

Slip on a shirt.

Slap on a hat.

Slop on sunscreen

Facts about *Sunburns*:

Your body can get a sunburn even through the clouds. Make sure that skin is protected even on cloudy days.

Children receive 50% - 80% of their lifetime sun exposure before age 18. The right precautions can greatly reduce your child's risk of developing skin cancer later in life.

Important: Light and Dark skinned children need protection from UV rays because any sunburn or even tanning will cause skin damage.

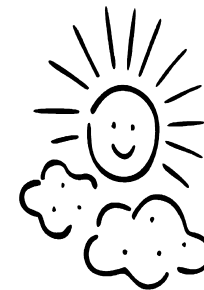
For Parents and Teachers: Protecting skin from the sun's harmful rays is the only way to prevent sun damage. Following these simple rules can reduce the risk of cancer later in life:

- **Cover Up:** Always wear hats, wear long-sleeved shirts on cloudy days, and don't forget to have your children wear sunglasses with UV protection.
- Use sunscreen of SPF 15 or higher to prevent sunburn and tanning. Apply liberally, do not try and stretch out the bottle! However, never apply sunscreen on a child younger than 6 months old.
- Apply sunscreen 30 minutes before going into the sun and every 2-3 hours after. Apply more often if child is swimming or sweating. Waterproof sunscreen should



be used if the child is swimming or near water, it should be re-applied every 80 minutes.

- Avoid the sun between the hours of 10AM to 4PM because this is when the sun is strongest and most damaging.
- Remember to keep the body hydrated with plenty of water and fluids.
- Some medications can increase your child's risk of sunburn, make sure to discuss all medications with your doctor.
- If your child receives a sunburn, have the child:



-Stay in the shade until the sunburn is healed.

-Take a cool (not cold) bath.

-Apply aloe vera gel or another topical moisturizer.

For more information on childhood illnesses and links to services, visit the United States Department of Health and Human Services website at:

<http://www.hhs.gov/children/index.shtml>