How to Prevent Dog Bites

Do:
- Always ask if it is okay to pet someone else's dog before reaching out to pet the dog.
- When approached by an unfamiliar dog, remain motionless.
- If a dog knocks you over, curl into a ball with your head tucked and your hands over your ears and neck.
- Immediately let an adult know about any stray dogs or dogs that are behaving strangely.

Don't:
- Approach an unfamiliar dog;
- Run from a dog;
- Panic or make loud noises;
- Disturb a dog that is sleeping, eating, or caring for puppies;
- Pet a dog without allowing it to see and sniff you first;
- Encourage your dog to play aggressively;
- Let small children play with a dog unsupervised.

What to do if an unfamiliar dog approaches you and you do not want to interact with it:
- Stop! Stay still and be calm;
- Do not panic or make loud noises;
- Avoid direct eye contact with the dog;
- Say “No” or “Go Home” in a firm, deep voice;
- Stand with the side of your body facing the dog.

For more info: [https://www.cdc.gov/features/dog-bite-prevention/index.html](https://www.cdc.gov/features/dog-bite-prevention/index.html)

How Much Do You Know?

How much do you know about skin cancer?

Here’s a short True or False quiz. Answers are on page 3.

1. Sun protection is not necessary on cloudy or cool days.
2. People with a lighter natural skin color are more likely to get skin cancer than others.
3. A tan indicates good health.
4. Tanning indoors using a tanning bed, booth, or sunlamp is just as dangerous as tanning outdoors.
5. Getting a tan is a safe way to get vitamin D.

For more info: [https://www.cdc.gov/cancer/dcpc/resources/features/skincancer/index.htm](https://www.cdc.gov/cancer/dcpc/resources/features/skincancer/index.htm)
When thunder roars, go indoors

5 Tips For Lightning Safety

1. Know the risks:
If you hear thunder, get to a safe place immediately. If a fully-enclosed building is not available, get into a hard-topped metal vehicle with rolled-up windows. Stay inside for at least 30 minutes after hearing the last sound of thunder. Sheds, pavilions, tents, and porches do not give enough protection.

2. If you are caught outside without shelter:
Avoid being near tall objects and construction equipment such as scaffolding, ladders, and cranes. Also avoid open spaces as lightning tends to strike the tallest object in an area. If you are caught outdoors, look for a set of smaller trees surrounded by larger trees. Squat low to the ground on the balls of your feet (like a baseball catcher) and keep your head low. Make yourself the smallest target possible and minimize your contact with the ground.

3. Avoid water:
Move away from any water. Water does not attract lightning, but it is an excellent conductor of electricity.

4. Avoid wiring, plumbing, and fencing:
Lightning can travel long distances through metal. Stay away from all metal objects, equipment, and surfaces that can conduct electricity.

5. Make a plan:
Check NOAA weather reports before beginning outdoor work.

12 Public Hot Spots For Germs

There are quite a few more extras in a hotel room than the mint on your pillow. The TV remote is the dirtiest item. Always a good idea to pack some antiseptic wipes and give it a quick cleaning before you channel surf.

Other germ sources:
- the bedside lamp switch,
- bedsheets;
- hair dryer;
- bathroom doorknob;
- telephone; and
- unwrapped drinking glasses.

In Case Of Fire...

UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Fair-skinned adults aged 65 and older and people with a large number of moles or unusual moles are more likely to get melanoma.

You are more likely to get skin cancer if you have a family history of skin cancer, a large number of moles or unusual moles, fair skin, or tan indoors or outdoors.

Stay in the shade, especially during late morning through mid-afternoon.

Remember to reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.

Quiz Answers - How Did You Do?

1. False - UV rays, not the temperature, can damage your skin. Clouds do not block UV rays.

2. True - A lighter natural skin color raises your risk for skin cancer; so does having blue or green eyes, blond or red hair, and a family history of skin cancer.

3. False - A tan is a response to injury. Skin cells signal that they have been hurt by UV rays by producing more pigment.

4. True - Indoor tanning has been linked with melanoma (the deadliest type of skin cancer), basal cell carcinoma, squamous cell carcinoma and cancers of the eye (ocular melanoma).

5. False - Tanning harms your skin and increases your chances of getting skin cancer in the future. Although it is important to get enough vitamin D, the safest way is through diet or supplements.

Items to carry in your Tote Bag:

A lightweight long-sleeved shirt or cover-up,
A hat with a wide brim that shades your face, head, ears, and neck,
Sunglasses that block both UVA and UVB rays,
Sunscreen with SPF 15 or higher and both UVA and UVB (broad spectrum) protection.

More Sunny Information

Most melanomas are caused by exposure to ultraviolet (UV) light.

UV rays can reach you on cloudy days and can reflect off surfaces like water, cement, sand, and snow.

Any change in the color of your skin after being outside, whether it is a sunburn or a tan, indicates damage from UV rays.

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Fair-skinned adults aged 65 and older and people with a large number of moles or unusual moles are more likely to get melanoma.

You are more likely to get skin cancer if you have a family history of skin cancer, a large number of moles or unusual moles, fair skin, or tan indoors or outdoors.

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Remember to reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.
ABOUT BOATING SAFELY (ABS)

**July 20, 2019: 8:30 am – 5:00 pm** / an in-depth boating safety course that will give you the knowledge to receive the Florida Safety Education ID upon completion. Any person born on or after January 1, 1988, must have completed an approved Safe Boating Course to operate a vessel. ($25 Fee)

Free attendance for family members ages (10-18) combined with a paying registered adult. A limited time offer.

“Sponsored by a generous donation by the “Austin Blue Foundation” in support of boating safety.

GPS FOR MARINERS (GPS)

**July 27, 2019: 8:30 am-1:00 pm** / A modern learning experience that focuses on the GPS equipment typically owned by the recreational boater. This course is the result of and exciting synergy between textbook’s publisher, the book’s author, and the Auxiliary. If you already own a handheld GPS unit bring it to the class. ($25 Fee)

U.S. Coast Guard Auxiliary / Flotilla 59
Sandspit Park
3443 S.E. St. Lucie Blvd.
Stuart, Florida 34997
http://cgaux59.org
772-288-0509
flotilla59@gmail.com

To find a class or vessel examination near you, go to: https://www.cgaux.org/

HOW TO SCHEDULE A VESSEL EXAMINATION
Contact Flotilla via Phone or Email
Leave a message at 772-291-3228, or e-mail us at Flotilla59@gmail.com

A Vessel Safety Check is a courtesy examination of your boat (Vessel) to verify the presence and condition of certain Safety Equipment required by State and Federal regulations. Our vessel examiners are trained specialists and members of the US Coast Guard Auxiliary Flotilla 59 located in Sandspit Park, Stuart. They will make certain recommendations and discuss safety issues that will make you a safer boater.

This is not a “boarding” or a law enforcement issue. No citations are given as a result of this encounter. We simply offer suggestions to improve your safe boating experience. We will supply you with a copy of your evaluation so that you may follow the suggestions given. Vessels that pass will be able to display the distinctive “VSC” decal. That will show Coast Guard or other law enforcement, that your vessel is compliant with all Coast Guard Requirements.
What’s Wrong With This Picture?

Here are some of the safety issues from last month’s “What’s Wrong With This Picture?”

Some other problems many of you found included:

- Work area very cluttered;
- No eyewash station in shop;
- No safety signs or fire extinguisher visible;
- Worker at sander with no dust mask;
- Spray cans not stored after use;
- Spray bottle not labeled properly.

Thanks to all of you who took the time to respond! Congratulations to all those sharp eyes!

Be sure to look for next month’s issue for a new photo in our “What’s Wrong With This Picture?” feature.